

S • SEXUAL HEALING

SHAKEN DEEP DIVE

Self-understanding without required disclosure. Desire is not obligation. A boundary is not punishment. Privacy is not shame.

PERMISSION

What am I allowed to want, not want, question, enjoy, decline, or define for myself?

BOUNDARY

Where might I need a clearer YES / NO / NOT NOW / NOT LIKE THAT / I NEED TO THINK?

TRUTH

What do I know about myself that I keep minimizing, judging, or pretending is irrelevant?

ONE TINY ACT OF SELF-RESPECT I COULD CHOOSE

H • THE WHOLE-SELF NEGOTIATION

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MIND SAYS • What I need most right now is...

BODY SAYS • What you keep ignoring about me is...

INNER LIFE SAYS • What has been missing is...

THE CONFLICT • Where are these needs pulling in different directions?

THE NEGOTIATION • One choice that respects more than one part of me

Whole-person wellness is not a longer checklist. Sometimes one ordinary choice can serve more than one part of you.

A • THE BELIEVABILITY LADDER

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THE VERDICT • harsh or limiting statement

THE OBSERVATION • what happened without making it my identity

THE POSSIBILITY • what might be possible from here

THE BELIEVABLE AFFIRMATION • what can I actually stand behind?

MY THREE-LEVEL PHRASE SET

CALM DAY: _____

HARD DAY: _____

WHEN AFFIRMATIONS ANNOY ME: _____

K • THE REALITY FILTER

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THE SITUATION

FACT • What do I actually know?

STORY • What am I adding, predicting, or assuming?

PERFORMANCE • What am I saying because it sounds acceptable, strong, spiritual, positive, or 'fine'?

TRUTH • What remains when I stop performing AND stop attacking myself?

ACTION

BOUNDARY

CONVERSATION

REST

INFORMATION

ACKNOWLEDGMENT

THE MOST HONEST THING I CAN SAY WITHOUT BEING CRUEL TO MYSELF

E • THE 10-COIN ENERGY BUDGET

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Capacity is information — not character. Spend 10 coins on a real upcoming day.

Required tasks / responsibilities

COINS: ____

WHY? _____

People / interactions

COINS: ____

WHY? _____

Movement

COINS: ____

WHY? _____

Food / preparation

COINS: ____

WHY? _____

Transitions / travel

COINS: ____

WHY? _____

Emotional labor

COINS: ____

WHY? _____

Rest / recovery

COINS: ____

WHY? _____

Something that makes life feel like mine

COINS: ____

WHY? _____

PLOT TWIST: -3 COINS. Redesign — do not borrow imaginary energy.

N • GROUNDED vs. PERFORMING

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Sort ordinary parts of your life — places, people, routines, roles, clothes, hobbies, work, online spaces, expectations.

GROUNDED

PERFORMING

UNCLEAR

ONE GROUNDING ACTION • physical world, senses, weather, air, soil, water, stillness

ONE AUTHENTICITY ACTION • a choice or non-performance that feels more like me

THE SHAKEN HOUSE MEETING

SHAKEN DEEP DIVE

WHICH ROOM HAS GOTTEN LOUDER SINCE I BEGAN?

WHICH ROOM WAS NOT THE PROBLEM I THOUGHT IT WAS?

WHICH TWO ROOMS ARE CONNECTED IN A WAY I HAD NOT NOTICED?

WHICH ROOM NEEDS TENDING?

WHICH ROOM NEEDS PROTECTING?

WHICH ROOM CAN I SIMPLY ENJOY?

Balance does not mean every room gets equal attention.

MY SHAKEN HOUSE NOTE

SHAKEN DEEP DIVE

TEND • The room asking for care

PROTECT • The room needing a boundary or resource

ENJOY • The room I do not need to fix

RESPOND • One ZENYA-sized action

SHAKEN tells me where to look. ZENYA helps me do something about it. NOTICE → KEEP IT REAL → CHOOSE A ZENYA RESPONSE → EXPERIMENT → NOTICE AGAIN