

The IM-DOC Guided Reset

A 7-Day Guided Application Companion to Use
the Reset Manual Correctly

*This guide is for people who want structure and reassurance
— not more information.*

WHAT YOU'RE ACTUALLY LEARNING HERE

This **guide** isn't about fixing symptoms.

It's about learning a skill most people never develop.

When something feels off, whether it's sleep, stress, or digestion, the instinct is usually the same. We react quickly. We try to change more, push harder, and fix the problem as fast as possible.

That instinct is understandable. It's also what keeps many people stuck.

What you're practicing here is different.

You're learning how to notice signals without reacting to them, pause before overcorrecting, stay steady when uncertainty shows up, and adjust without spiraling.

This isn't about willpower.

It's about how you relate to signals.

Clinicians don't look for instant improvement. They look for patterns over time. They don't chase every symptom. They reduce the loudest signal and allow the system to settle.

That way of thinking is what you're learning here.

By the end of this week, you won't just know what your pattern is. You'll know how to respond to it calmly, deliberately, and without panic.

That skill doesn't disappear after seven days. It carries forward when sleep fluctuates again, when stress builds quietly, and when digestion feels unpredictable.

Once you learn how to slow your response, your system often follows.

That's the real outcome of this guide.

(Quiet reminder)

You're not here to perform perfectly.

You're here to learn how to think clearly.

WHO THIS IS FOR

Read this first.

This guide assumes you've already reviewed the Reset Manual (Discovery Edition).

It exists because seeing the pattern is one thing, but applying it calmly is another.

This guide is for you if you recognize yourself in any of the following:
you don't want to overcorrect, you tend to second-guess yourself, you want to know when to hold and when to adjust, or you prefer guidance instead of guessing.

This is not a treatment plan.

This is guided application.

HOW THIS GUIDE WORKS

This guide runs for seven days.

Each day includes one focus, one instruction, and one reminder. You will continue using the trackers from the Reset Manual throughout the week.

There is one important rule to keep in mind. This guide tells you how to use the Manual, not what to add.

There are no new routines, no new supplements, and no big changes. The goal is clarity, not intensity.

DAY 0 (ORIENTATION)

Day 0: Set up, then stop

Today is simple by design.

Choose one tracker from the Manual.

Review the Systems Map (the connecting circles on Page 3 of the Manual) and the Priority Rule.

Then stop.

That is not a mistake. It is the point.

Most people undermine progress by acting too early. This guide exists to slow that impulse down.

If you feel impatient today, that's normal. Don't follow it.

DAY 1 (OBSERVE ONLY)

Day 1: Observe

Today is about observation only.

Use your tracker. Write honestly. Don't judge the data, and don't correct anything yet.

Observation creates clarity. Action without clarity creates noise.

If you feel the urge to fix something today, pause. That urge is information, not instruction.

DAY 2 (TIMING)

Day 2: Notice timing

Today, pay attention to when things happen, not what you think they mean.

Notice when symptoms begin, when energy dips, when sleep feels lighter, and when things seem to cluster together.

Do not adjust anything yet.

Most patterns reveal themselves through timing first.

DAY 3 (LOAD)

Day 3: Notice load

Load can show up in many forms, including stress, digestive heaviness, mental demand, or simply too much happening at once.

Today, notice which days feel heavier, what tends to stack, and what follows afterward.

There is still nothing to fix.

Tomorrow, guidance becomes essential.

DAY 4 (CHOOSE ONE SIGNAL)

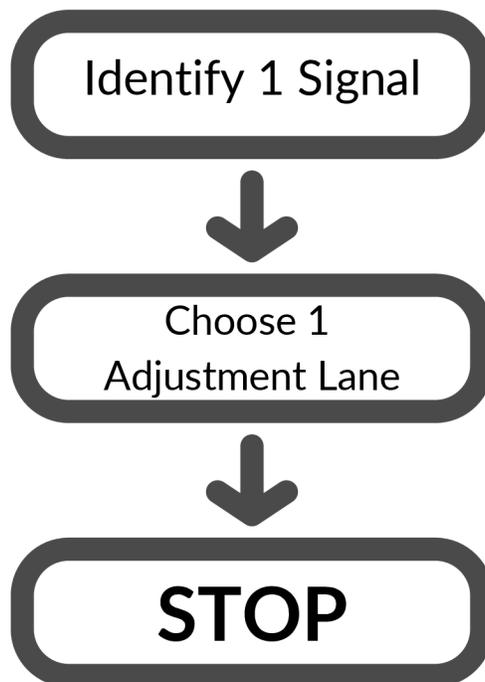
Choose One Signal

Today is the **most important** day of the Guided Reset.

This is where most people struggle without guidance, not because they are careless, but because they try to do too much.

Today, you choose one signal to support. Not everything. Not the whole system. Just one.

You are not choosing a solution. You are choosing a direction.



Step 1: Identify the loudest signal.

Based on what you have observed so far, which signal stands out most: sleep timing, stress load, or digestive load? If more than one feels important, choose the one that is hardest to ignore.

Step 2: Choose an adjustment lane, not a fix.

You are not fixing the signal. You are supporting it.

- If sleep timing stands out, support might mean slightly earlier or more consistent timing, less late-evening stimulation, or protecting the hour before bed.
- If stress load stands out, support might mean reducing late-day stacking, adding a brief recovery window, or lowering intensity rather than eliminating stress.
- If digestive load stands out, support might mean lightening the evening meal, increasing spacing between meals, or adding gentle movement after eating.

Choose one small adjustment in the lane you selected.

Step 3: Stop there.

Leave everything else exactly the same.

If you feel the urge to add another change, optimize further, or fix just one more thing, stop. Go back and choose again.

Small changes calm systems. Big changes confuse them.

Tomorrow, we hold.

Holding steady is not passive. It is how your system learns to trust the signal.

For today, your job is done.

(Quiet reminder)

You're not trying to feel better today.

You're teaching the system what safe feels like.

DAY 5 (HOLD)

Day 5: Hold steady

Today, keep yesterday's change exactly the same. Do not add anything new. Notice whether anything feels slightly easier or whether symptoms shift, even subtly.

Improvement is often quiet before it becomes obvious.

DAY 6 (REFINE)

Day 6: Refine gently

If the change helped, keep it. If it did not, adjust slightly.

Do not escalate.

Refinement beats escalation. This is how real protocols work.

DAY 7 (REVIEW)

Day 7: Review the pattern

Look back over the week.

Which days felt best? What was different about them? Which signal mattered most?

That signal becomes your starting point.

You now know how to observe, adjust, hold, and refine.

That is the skill.

WHAT THIS GUIDE PREVENTS

This guide exists to prevent overcorrection, abandonment, “it didn’t work” thinking, and starting over repeatedly.

Most people do not need more information. They need pacing.

Most people do not fail because they lack discipline. They fail because they move too fast.

WHAT COMES NEXT

After the Guided Reset, some people continue independently.

Others want more structure over weeks, help deciding when to adjust, or confidence they are not missing something.

That is where the Protocol Lab fits.

Learn more about the **Protocol Lab** →

No rush.

No pressure.

Just clarity.

FINAL REASSURANCE

A final note.

You did not buy this guide to be told what to do.

You bought it to slow down, stay steady, and use the Manual correctly.

That is exactly what you did.