

THE BOY AT THE CONTROLS

"The boy" is the part of you that learned to feel safe by pleasing other people. Wanting appreciation is human. The problem starts when you need someone's approval before you can trust your own decision.

Fifteen minutes. Pen and paper. Write your actual answer to each question, then circle how true the statement is for you right now: 0 is not true, 4 is completely true.

00 THE APPROVAL QUESTION

Whose approval are you still trying to win? Write the name, and what that voice says when you make a decision.

01 YOU NEED SOMEONE TO SAY YOU DID WELL

One small personal decision you'll make this week without asking anyone for reassurance. Then notice the urge to ask.

After I do something I believe is right, I still need someone to confirm it.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

02 YOU RUN AWAY FROM DISCOMFORT

The feeling you avoided this week, and what you reached for instead. Next time, pause ten minutes, phone down. What did you notice?

When a feeling gets heavy, I reach for something to stop feeling it.

0 1 2 3 4

03 YOU GOT THROUGH IT, BUT DIDN'T LEARN FROM IT

One hard thing you got through. What did it show you about how you decide? Then finish: "What I've been avoiding is..."

I got through hard things, then carried on exactly the same way.

0 1 2 3 4

04 YOU WAIT FOR THINGS TO FORCE A DECISION

Where are you waiting for events to decide for you? One step you'll take this week, and when.

I know something needs attention, and I'm waiting for events to decide it.

0 1 2 3 4

05 FEAR PULLS YOU BACK FIRST

Where are you going back to something because it feels safer than the fear? What are you actually afraid of?

When fear rises, I pull back before I've looked at the facts.

0 1 2 3 4

WHEN THE FEAR RISES

FLY Get steady first. No big decision in the middle of panic.

NAVIGATE Write down what is actually true: money, debts, options.

COMMUNICATE Tell one trusted person the real version. You still decide.

DEBRIEF

My highest sign is number:

One small action this week that reflects what matters to me, and when:

Seven days later. What changed, and what is the next move?

The boy stays on board. He just doesn't fly.

Next: Episode 03, The Wound.

If what you're carrying is heavier than this, talk to a professional. This is coaching, not therapy.

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Become the Captain of Your Life

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