

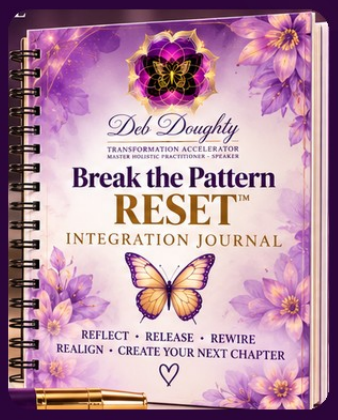
INTEGRATION JOURNAL

Participant Name _____

Date _____

"I don't hold people to their story...
I hold them to their magnificence."

— Deb Doughty



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Welcome

I'm so glad you're here.

This journal isn't about taking perfect notes. It's about creating personal awareness — and giving yourself space to recognize the patterns, beliefs and unconscious responses that may have been quietly influencing your life.

As you move through each section, remember: Notice. Don't judge. Become curious instead of critical. The more honestly and compassionately you observe yourself, the more useful this process becomes.

You are not here to force change. You are here to understand the pattern, discover what it may have been trying to do for you, and begin creating more choice in how you think, feel and respond.

Awareness creates choice. Choice creates change.

• My intention for this masterclass is...

• One pattern or area of my life I most want clarity around is...

PART ONE

The Awareness Breakthrough

Why knowing isn't always enough to create a different automatic response.

Insight matters. But awareness becomes transformation when it leads to interruption, practice and a new response.

• Which idea or statement resonated most with me?

• Where do I understand what to do — but still find myself repeating the old response?

• My biggest awareness from this section...

DEB REFLECTION

Where in my life have I mistaken an old protective pattern for part of my identity?

• One thing I want to remember...

PART TWO

The Five Signs You're Stuck in a Behavioral Loop

Check what feels familiar. Notice — don't judge.

☐ Easily Triggered

When the emotional reaction feels bigger than the moment.

☐ I Keep Asking, "Why Am I Like This?"

When self-awareness turns into self-criticism.

☐ I Talk Myself Out of Getting Help

When strength and independence become avoidance.

☐ Repeating Apology Cycles

When the apology is sincere but the underlying pattern stays the same.

☐ Weak Boundaries / Self-Abandonment

When I say yes when I mean no, overgive, overcommit or ignore my own needs.

DEB REFLECTION

What pattern am I most ready to stop carrying?

PART TWO — REFLECTION

Which Loop Is Running My Life?

• Which of the five signs feels strongest in my life right now?

• Where does this pattern show up most — relationships, work, health, money, confidence, boundaries or self-care?

• What has this pattern been costing me?

• What do I notice happens immediately before the pattern begins?

A trigger can be information — not an identity.

PART THREE

The RESET Method™

Fill this in as Deb reveals each step.

R	Step: _____ My note: _____
E	Step: _____ My note: _____
S	Step: _____ My note: _____
E	Step: _____ My note: _____
T	Step: _____ My note: _____

• What surprised me most about the RESET Method™?

_____

_____

_____

DEB REFLECTION

What would change if I truly believed my unconscious mind could become my greatest ally?

PART FOUR

Applying the RESET Method™

Use one specific pattern so you can see the loop clearly.

• The pattern I'm working on...

• What usually triggers it?

• What emotion or body sensation usually shows up first?

• What meaning or story do I give the situation?

• What behavior usually follows?

• What outcome does that behavior create?

Trigger → Emotion → Meaning → Behavior → Outcome

PART FOUR — DEEPER WORK

Explore • Shift • Empower • Train

• What might my unconscious mind be trying to protect me from — failure, rejection, criticism, conflict, visibility, uncertainty, success or something else?

• What need might this old pattern have been trying to meet?

• What old meaning have I attached to this situation?

• What new meaning would support the person I am now?

• What resourceful response do I want available instead?

DEB REFLECTION

If I interrupted this pattern consistently over the next year, how would my life be different?

PART FIVE

My Integration

Making Your Unconscious Mind Your Best Friend

• What did I notice during the guided experience?

• What message did my future / authentic self have for me?

Qualities I noticed in that version of me:

☐ Peaceful ☐ Calm ☐ Confident ☐ Grounded ☐ Courageous

☐ Authentic ☐ Worthy ☐ Joyful ☐ Present ☐ Other: _____

• Today I remembered that...

DEB REFLECTION

What would it look like to begin living from my authentic self instead of my old programming?

My Breakthrough Commitments

Transformation is not perfection. It is practice becoming more natural.

• Commitment #1 — One action I will take this week...

• Commitment #2 — One boundary or choice I will honor...

• Commitment #3 — One new response I will practice...

• One behavior I'm committed to interrupting...

• One new belief or meaning I choose to strengthen...

• One reminder I want to see every day...

Additional Notes & Insights

Awareness creates choice. Choice creates transformation. Transformation creates liberation.

YOUR NEXT STEP...

Take your insight off the page and into action.

24-HOUR ACCOUNTABILITY BONUS

Your RESET doesn't end when this masterclass does.

Within the next 24 hours, take one courageous step toward interrupting the pattern you identified today. Then scan my WhatsApp QR code and send me:

"The pattern I am interrupting is _____, and my new response is _____."

When you complete your 24-Hour Accountability Check-In, you'll receive a special bonus gift from me as a thank-you for taking action and making a commitment to yourself.



Here's More Ways to Work With Me...

You've already taken an important first step by becoming aware of the patterns that may be keeping you stuck.

Sometimes awareness and the tools you've learned here are enough to begin creating change. And sometimes a pattern has been running for so long that personalized support can help us see what we simply cannot see from inside it.

BEHAVIORAL REWIRE™

When there is ONE persistent pattern you are ready to change.

I know you've tried everything to change that behavior on your own, but it just won't budge - procrastination, imposter syndrome, scarcity thinking, people-pleasing, confidence, boundaries, organization, assertiveness, or another pattern that continues getting in your way.

You've read the books, watched the videos, maybe attended workshops or already done tremendous personal-development work. And yet that ONE pattern keeps showing up - triggering the same reactions and creating the same frustrating results.

Behavioral Rewire™ is a personalized, one-on-one transformation experience designed to help you understand and change one specific behavioral pattern that has been keeping you stuck. Together, we uncover what is driving the pattern, challenge the beliefs and meanings supporting it, and use the transformational approaches most appropriate for you to begin creating a different response from the inside out.

HYPNOSIS RESET SESSIONS

Work directly with the unconscious patterns influencing the way you think, feel and respond.

You can consciously want something to change - and still find yourself repeating a familiar response. Hypnosis is a deeply relaxed, focused state of attention that can help quiet some of the everyday mental noise while we intentionally work with thoughts, associations, imagery and suggestions connected to the change you want to create.

Sessions can be personalized around self-confidence, procrastination, assertiveness, relaxation and stress management, weight loss and feeling good in your body, exercise and motivation, concentration and study habits, exam preparation, performance enhancement, creativity, habit change, nail biting, smoking cessation, self-hypnosis and other appropriate personal-development goals.

The goal isn't to control your mind. It's to teach you how to work WITH it.

THE FULL BREAKTHROUGH EXPERIENCE™

When you know it's bigger than one behavior.

I see you. You've accomplished so much, yet something still feels misaligned. You've felt it – that sense that something more fundamental needs to shift. The patterns you've been living with may have been hard on you for as long as you can remember, and now you're ready for a different way of being.

This isn't about fixing one behavior. It's about discovering who you really are beneath years of accumulated beliefs, emotional patterns and ways of responding that may no longer serve the life you're creating.

Together, we'll work to restore the authentic portrait of who you truly are - clearing away the patterns that have covered it so you can begin living from a place of greater authenticity, freedom and wholeness.

WANT TO DIVE EVEN DEEPER INTO THE UNCONSCIOUS MIND?

I also offer **½-Day Self-Hypnosis Workshops** designed to teach you practical ways to intentionally work with your own mind and use self-hypnosis as a resource for personal growth and change. Whether your interest is in personal development or expanding the transformational tools you use professionally, you can get full details on my website at DebDoughty.com

And as an American Board Hypnotherapy Trainer, I offer an **Intensive 3-Day Hypnosis Training Course** recognized in over 40+ countries where you will: ***Master the Transformational Tools of Hypnosis and Change.*** Whether your interest is in personal development or expanding the transformational tools you use professionally, you can get full details on my website at **DebDoughty.com**



YOUR SPECIAL GIFT WITH THIS MASTERCLASS...BOOK YOUR COMPLIMENTARY LASER DISCOVERY ZOOM CALL

Not sure which next step is right for you? Let's talk.

Your complimentary 30-minute Laser Discovery Zoom Call gives us an opportunity to talk about what you're experiencing, the pattern or goal you'd like help with, and what may be getting in the way.

I'll share insight, offer a fresh perspective, and we can explore whether one of my programs or services may be an appropriate next step for you.

Contact me directly using the QR code or message me via my website at DebDoughty.com.

EXPLORE MORE RESOURCES & WAYS TO WORK WITH ME:

Visit **DebDoughty.com** to explore full details on all my offerings and additional complimentary resources, tools and insights to assist you to continue understanding your unconscious patterns, strengthening your inner resources and creating meaningful change from the inside out.

"I don't hold you to your story. I hold you to your magnificence." With Love & Blessings, Deb~