



THE HOUSE OF
ESU

The Crossroads Clarity Protocol

A House of Esu Reflection Tool

At every crossroads, there is a choice. Not just between two paths, but between contraction and expansion. These questions are not here to tell you what to do. They are here to reveal what is true. Move slowly. Let each question breathe. Clarity does not come from force. It comes from honesty.

1. The Perspective Question

What am I assuming to be absolutely true right now?

If that assumption was incomplete, what else could also be true?

2. The Fear Exposure Question

If this decision goes wrong, what am I actually afraid of losing?

1. Security
2. Financial stability
3. Status
4. Reputation
5. Control
6. Certainty
7. Approval
8. Love
9. Belonging
10. Authority
11. Competence
12. Independence
13. Freedom
14. Comfort
15. Predictability
16. Identity
17. Influence
18. Power
19. Momentum
20. A version of myself I've become attached to

3. The Identity Check

Which version of me is trying to make this decision?

1. The fearful self
2. The achiever
3. The people pleaser
4. The perfectionist
5. The wounded child
6. The rebel
7. The avoider
8. The controller
9. The caretaker
10. The critic
11. The imposter
12. The competitor
13. The victim
14. The rescuer
15. The martyr
16. The strategist
17. The performer
18. The visionary
19. The sovereign adult
20. The quiet intuitive self

4. The Attachment Detector

Am I trying to protect something or expand into something?

5. The Integrity Scan

If no one would ever know what I chose, what would I do?

6. The Future Echo

Five years from now, which choice would I respect myself for making?

7. The Energy Question

When I imagine each option, which feels heavier in my body? Which feels lighter?

8. The Courage Test

If both options require courage, which courage feels cleaner?

9. The Illusion Breaker

Am I trying to be right or trying to be aligned?

10. The Crossroads Statement

If I fully trusted myself, I would...