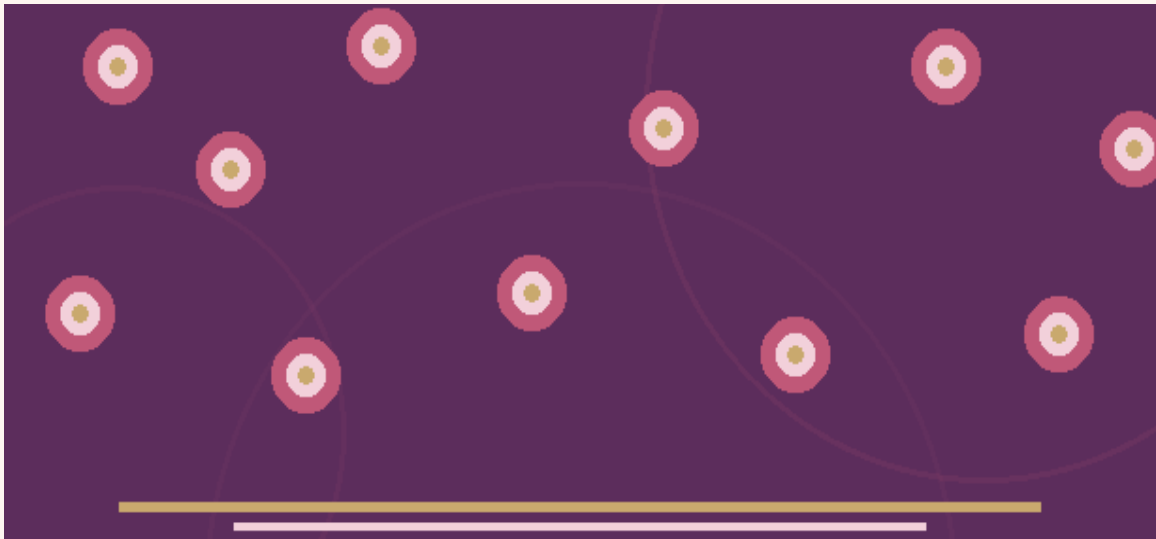




◆ BONUS GIFT ◆

Take Your Thoughts Captive

A Simple 3-Step System To Stop Painful Thought Loops

-- and finally feel like yourself again --

Beautiful, this guide is for you -- the woman who has replayed conversations at 2 a.m., who knows what it feels like when a memory hits out of nowhere, and who is **tired of her own mind working against her.**

You're about to learn a simple, powerful three-step process to **catch a painful thought, strip it of its power, and replace it with something that actually serves you.**

Your mind is not your enemy. But right now, it needs new instructions. Let's give it exactly that.

A companion guide to How To Release The Pain From Your Past... Ladies Edition



STEP 1 OF 3

The Awareness Shift

"You are not your thoughts... but you have been treating them like truth."

Here is something most women never realize: **just because you think something does not make it true.** But when you're in the middle of it -- when the thought is loud and heavy -- it doesn't feel like a thought. It feels like a *verdict*.

"I'm not good enough"
"I'll never get past this"
"That moment ruined me"

Those don't feel like thoughts. They feel like facts. And so you accept them -- instantly, without question -- even though you'd never let a stranger speak to you that way.

If someone walked up to you and said, *"You're a failure. You'll never get your life together,"* you'd push back. You'd question it. You might even get angry. But when your own mind whispers it? You believe it -- no cross-examination, no second opinion.

❖ **You are not your thoughts.**

You are the one who *notices* them. ❖

Think of your thoughts like notifications on your phone. Just because one pops up doesn't mean you have to open it -- and it definitely doesn't mean you have to believe it.

Step 1 in Practice:

Notice the thought. Say to yourself:

"I'm having a thought right now -- and I don't have to believe it."

That small pause is where your power begins.



STEP 2 OF 3

Challenge the Thought

Stop letting your mind say whatever it wants -- with zero proof.

Once you've caught the thought, it's time to do something most women never do: **talk back to it**. Your mind has been getting away with saying things like:

- "You'll never get over this"
- "You're the problem"
- "This is just who you are now"

And it delivers these lines with *confidence* -- as if it just came back from a research study. But let's be honest: if your mind were a person giving advice, you probably wouldn't take it. Half the time it's overthinking, replaying old wounds, and running worst-case scenarios like a full-time job.

Three Questions That Break a Thought's Power:

01	Is this actually true?
02	Where is the proof?
03	Or have I just been repeating this for years?

You don't need to argue with the thought for twenty minutes. You just need to create a **small crack** in its certainty. Because once you stop blindly agreeing with it -- even a little -- it starts losing power.

**A lot of the thoughts keeping you stuck aren't facts.
They're old beliefs. Old pain. Old stories on repeat.**

Step 2 in Practice:

**Ask yourself just ONE of the three questions above.
You only need one crack in the thought. That is enough.**



STEP 3 OF 3

Replace the Thought

Take your power back -- not with toxic positivity, but with truth.

Here's the step most people skip -- and that's exactly why nothing changes. You **cannot** simply remove a thought. **You have to replace it.** Your mind hates empty space. If you don't fill it, it will -- and it won't choose something helpful.

Real Replacements That Actually Land:

Instead of: "That moment ruined me"

→ "That hurt me... but it doesn't control me anymore."

Instead of: "I'll never get over this"

→ "I'm learning how to move forward, one step at a time."

Instead of: "I'm not good enough"

→ "I've been through a lot... and I'm still here."

You're not lying to yourself. You're not pretending everything is perfect. You're choosing a thought that feels **believable, calmer, and less heavy.**

When you land on your replacement thought -- pause. Breathe. Let it settle. *This is where the shift happens.*

Step 3 in Practice:
Catch it → Challenge it → Replace it
Then breathe. Then let it land.



Your Power Move

The Pattern Interrupt -- use this anytime a thought tries to take over.

01	Say " STOP " -- out loud or in your head.
02	Take one slow, deep breath.
03	Shift your focus to your replacement thought. Say it. Let it land.

Your 3-Step System at a Glance:

STEP 1	Awareness Shift	Notice the thought -- separate yourself from it.
STEP 2	Challenge It	Ask: Is this true? Where's the proof?
STEP 3	Replace It	Choose better. Pause. Breathe. Let it land.