

MATRIX MANEUVER

30–60 second practice to find freedom from the stories that keep derailing your resilience

HOW TO:

- 1 PAUSE** – Notice the pattern – *this again*.
- 2 NAME THE STORY** – Not a fact. A story, and it's protection. Survival Brain doing its job. Say it out loud if you can – stories lose authority when they're spoken.
- 3 WIDEN** – *What is this story leaving out?* Not what's more positive. What else is also true.

The story may be true. It's just never the whole truth.

What we take for reality is a construction – built from real material, arranged by an old builder, with a great deal left out. When a story stops being the only thing true, it stops making the decision for you. That opening is where possibility lives.

And if the story is accurate, or widening doesn't shift it: change the question. Not is it true, but *what matters here, and what would moving toward it look like right now?*

Some patterns loosen fast. Others take years. Seeing it is already the practice.

