

# Therapeutic Dialogue Guide for You

**Based on the Hypnosis Script:** *Fixation Reversed: Deepening the Release, Rebuilding the Self*

**Date:** July 9, 2025 – Alec

Please reflect on these elements of the False Self and the forward path of healing.

---

## Section 1: Reclaiming Attention from Emotional Orbit

**Q1. “When you find yourself scanning Anne’s behavior—what part of you feels it’s your job to decode her?”**

**Goal: Expose the identity of the emotional monitor**

**Explanation:**

This question helps you locate the “emotional interpreter” within—a pattern that originated when love felt inconsistent. Often, a younger part of you was conditioned to study the room, decode moods, and adjust behavior to keep connection alive. This habit may now present as logical concern, but it’s actually an emotional defense. Naming this part helps you see that it’s not who you *are*—it’s who you *became* to stay safe. This realization begins to untangle your attention from Anne and return it to your core.

---

**Q2. “When your attention is fixated on Anne, where in your body do you feel the golden threads pulling?”**

**Goal: Make the metaphor somatic and actionable**

**Explanation:**

The script describes your attention as golden threads stretching toward Anne. This question makes the metaphor physical—so you can track it. Do you feel the pull in your chest, your jaw, your breath? The more precise your somatic mapping, the easier it becomes to notice when you’re leaving your center. And just as important: the act of pulling those threads back in becomes a daily, embodied practice of self-possession.

---

**Q3. “What are you hoping to *feel* once you’ve successfully interpreted Anne’s mood?”**

**Goal: Reveal the hidden emotional payoff of fixation**

**Explanation:**

Your conscious mind may frame it as concern or problem-solving—but beneath that is often a desire for relief: to feel safe, good enough, not abandoned. By identifying the *emotion* you’re chasing, you expose the emotional substitution at play. You’re not really trying to “understand” her—you’re trying to regulate *you*. This awareness moves you from external monitoring to internal ownership, where lasting safety can actually be found.

---

## Section 2: Dismantling the False Self’s Emotional Theater

**Q4. “What identity do you feel you must perform in order to keep Anne close?”**

**Goal: Identify False Self performance roles**

**Explanation:**

The script describes walking away from the “False Self’s theater,” where everything is performed for approval. This question helps you examine what role you're unconsciously playing—protector, pleaser, fixer, mind-reader? Each role is a survival strategy from the past, not a reflection of your true self. By naming the mask, you weaken its hold and create space to show up as your authentic self—unperformed, whole, and enough.

---

**Q5. “Complete this sentence: ‘If I stopped managing Anne’s emotional state, then I would have to feel \_\_\_\_\_.’”**

**Goal: Reveal the avoided internal experience**

**Explanation:**

This is a gateway to your most avoided feeling. Often it’s something raw: helplessness, insignificance, unworthiness. Fixation on Anne has been a way to *not* feel these things. But naming them helps you meet them with compassion, rather than outsourcing your regulation. You stop asking her to shield you from yourself—and start holding your own emotional experience with integrity.

---

**Q6. “Where in your life—before Anne—did you learn to sacrifice your needs to preserve someone else’s calm?”**

**Goal: Connect current pattern to original relational wound**

**Explanation:**

Your nervous system may have been shaped in a household where calm had to be earned or managed. This question reveals the blueprint beneath the fixation: a form of emotional labor where your needs were secondary. Once you see that Anne is not the original source, you stop using her to repair the past—and begin building a present where your own regulation is central.

---

## Section 3: Returning to Inner Sovereignty

**Q7. “If your spine were the axis of your truth, what would it mean to stay upright—emotionally, even when Anne pulls away?”**

**Goal: Anchor self-possession in posture and metaphor**

**Explanation:**

The hypnosis introduces your spine as the internal axis—the physical symbol of sovereignty. This question helps you bring that image to life. What does it feel like to stay emotionally upright? Are your shoulders relaxed, voice steady, breath full? Visualizing this helps you

embody a new posture—not just physically but relationally. You stop bending to avoid discomfort and start standing in the truth of who you are.

---

**Q8. “Describe a moment where you felt peace—not because Anne reassured you, but because you stayed with yourself.”**

**Goal: Build internal trust through positive reference**

**Explanation:**

Peace isn't just the absence of conflict. It's the presence of alignment. This question invites you to name an experience where you chose self-anchoring over monitoring. It might have been small—choosing silence over explanation, or stillness over pursuit. But it becomes proof. Proof that you can stay rooted even when someone else is shifting. And the more you reference this success, the more it rewires your nervous system toward wholeness.

---

**Q9. “What specific action will you take this week to pull back your golden threads—mentally, emotionally, or behaviorally?”**

**Goal: Translate metaphor into actionable ritual**

**Explanation:**

This is where imagery becomes practice. Maybe it means pausing before checking her tone. Maybe it means journaling before reacting. Maybe it means catching your breath when you notice the pull. Whatever you choose, the key is this: you are not abandoning Anne—you are reinhabiting yourself. The golden threads return not to punish but to heal. And each act of reclamation builds emotional autonomy.

---

### **Final Integration Prompt**

**“What does it now mean to you—to become the source of your own safety rather than outsourcing it to Anne?”**

**Goal: Synthesize healing into personal philosophy**

**Explanation:**

This question gathers every theme: attention, sovereignty, identity, and nervous system repair. It invites you to articulate your own leadership in this process. No longer needing Anne to behave a certain way in order for you to be okay, you claim your own ground. You are not detaching from love—you are detaching from fear. And that changes everything.