THE RETURN

Reflection Workbook

Understand your patterns. Come home to yourself.

A companion for your journey through the 12 chapters. Use these pages alongside the course to keep your reflections, follow your personal thread, and return to what you discover.

There are no perfect answers. Write what feels true today. You may leave a prompt blank, pause, or revisit it later.

For reflections on early experiences, images, memories and sensations are material to explore, not proof of exact historical events. You remain in choice: pause, open your eyes, orient to the room, or stop whenever you need to.

Name _____

Started on _____

CHAPTER 01 / SECTION 01

Where You Are

Reflections 1-3 of 6

01. What keeps happening?

02. When does it tend to happen?

03. What do you find yourself doing when it happens?

CHAPTER 01 / SECTION 01

Where You Are

Reflections 4-6 of 6

04. How does it leave you feeling?

05. What is this costing you?

06. The pattern I want to understand is...

CHAPTER 01 / SECTION 02

Where You Want to Go

Reflections 1-3 of 5

01. What do you want instead?

02. What would be different in your life?

03. What would you be doing differently?

CHAPTER 01 / SECTION 02

Where You Want to Go

Reflections 4-5 of 5

04. What would you finally have room for?

05. My goal is...

CHAPTER 01 / SECTION 03

Why It's Important

Reflections 1-3 of 4

01. If you had what you want, what would that give you?

02. And if you had that, what would that give you?

03. And underneath that?

CHAPTER 01 / SECTION 03

Why It's Important

Reflections 4-4 of 4

04. What I really want to experience is...

CHAPTER 02

What Happened

Reflections 1-3 of 10

01. What came forward?

02. What seemed to be happening?

03. How old did you seem - or what age did the experience feel?

CHAPTER 02

What Happened

Reflections 4-6 of 10

04. What were you feeling?

05. What did you need in that moment?

06. What were you not receiving enough of?

CHAPTER 02

What Happened

Reflections 7-9 of 10

07. What did you come to understand about yourself, other people, or the world?

08. If you could name the central experience in a few words, what happened - or what was missing?

09. What did you most need then?

CHAPTER 02

What Happened

Reflections 10-10 of 10

10. What might have helped the experience feel less overwhelming or less alone?

CHAPTER 03

The Operating System

Reflections 1-3 of 6

01. Return to Chapter 2. What did that younger version of you seem to come to understand?

02. Put that felt understanding into one simple sentence.

03. If this is true, then in order to have what matters to me, I must...

CHAPTER 03

The Operating System

Reflections 4-6 of 6

04. If you lived according to your Rule for years, who would you have to become?

05. What parts of you may have had less room to exist?

06. When you see these together, what makes more sense about the pattern you chose in Chapter 1?

CHAPTER 04

The Lens

Reflections 1-3 of 3

01. What actually happened?

02. What did you immediately make it mean?

03. What did that meaning make you want to do?

CHAPTER 05

Your Adaptation

Reflections 1-1 of 1

01. When your lens gets activated, what is your automatic move?

CHAPTER 06

The Paradox

Reflections 1-3 of 3

01. In the moment, what does this pattern help you avoid, control or feel?

02. Over time, what does it cost you?

03. What might it be preventing you from experiencing?

CHAPTER 07

The Gift

Reflections 1-2 of 2

01. What has this pattern been trying to protect or preserve?

02. What strengths did you develop along the way?

CHAPTER 08

The Deeper Need

Reflections 1-1 of 1

01. What have you really been reaching for?

CHAPTER 09

Another Way

Reflections 1-2 of 2

01. My old route has been...

02. A different way of moving toward the same need could be...

CHAPTER 10

The Return

Reflections 1-1 of 1

01. What did you notice, receive, understand or experience differently?

CHAPTER 11

New Evidence

Reflections 1-3 of 4

01. What does the old route predict?

02. What is one small experiment?

03. Afterward: what actually happened?

CHAPTER 11

New Evidence

Reflections 4-4 of 4

04. What new evidence does that give you?

CHAPTER 12

New Capacity

Reflections 1-1 of 1

01. The capacity I want to keep practicing is...