Worksheet 8: Tear in Two

Use on: Day 17, and right after any slip, for as long as you live **Time:** 10 min **Mechanic:** tear **You'll need:** a pen

Why this exists: Drop a glass and it breaks. That's the first wound, and it's over in a second. Walking back and forth over the pieces is the second wound, and you do that to yourself. This page splits the two. You keep the useful half and throw the other half away.

No slip so far? Use this on an old shame you still carry.

LEFT: THE GLASS (keep)

What happened, facts only:

What was going on right before:

The step on my path I missed (check the Hook Map):

The lie that was still alive:

One apology, if one is owed:

RIGHT: THE PIECES (destroy)

Everything I'm saying to myself about it, word for word:

Which kind is it?

- [ ] "It's all ruined."
- [ ] "I should be perfect."
- [ ] "I can't stand feeling this."
- [ ] "Everyone else manages."
- [ ] "I even thought about it."

✂ tear here

Then

1. **Tear the page down the middle.**
2. Fold the left half and keep it. That's what happened and what it taught you. It's useful.
3. Tear the right half into small pieces and throw them away, or burn them. That's the second wound, and you don't keep it.
4. Say out loud: **"That was a previous me."** Shake out your hands.
5. Go back to your day as someone free. Right now, not tomorrow.

The Line I'm Keeping