

Decode the *Matrix*

SUBCONSCIOUS PATTERN DIAGNOSTIC

This is for your eyes only. What you uncover here is the source code beneath your symptoms - the hidden pattern quietly shaping your results. Trust what surfaces.

STEP 01 · INTENTION

Today's Desired Outcome

Name what you're calling in. What feels blocked, inconsistent, or out of reach?

THE OUTCOME I WANT THAT FEELS BLOCKED OR ELUSIVE

e.g. Consistent income, visibility without fear, feeling truly worthy...

IF THIS FULLY SHIFTED, MY LIFE WOULD LOOK LIKE

Describe it freely...

THE SYMPTOM OR PATTERN I NOTICE MOST

Overthinking

Holding back

Fear of visibility

Self-doubt

People pleasing

Procrastination

Money resistance

Perfectionism

Burnout

Staying small

OR IN MY OWN WORDS

My symptom is...

Scene 1: Three Scenes from the Past

Let memory arise naturally - you don't need to search for the right one. Trust what comes.

THE SETTING

AGE

LOCATION

INSIDE / OUTSIDE

COMPANY

WHO WAS THERE (IF ANYONE)

THE EMOTIONAL DIAGNOSTIC

SOMETHING WAS SAID (OR NOT SAID) THAT MADE ME FEEL...

I FELT THAT BECAUSE...

AND BECAUSE...

SOMETHING WAS DONE (OR NOT DONE) THAT MADE ME FEEL...

I FELT THAT BECAUSE...

AND BECAUSE...

Scene 1: Locating the Code

Notice what the memory reveals in the body, the belief it formed, and the strategy that followed.

BODY SCAN

WHERE I HOLD THIS FEELING

COLOUR

SHAPE / SIZE

TEXTURE / TEMPERATURE

WHAT THIS ENERGY NEEDS FROM ME NOW

THE SOURCE CODE BELIEF

IN THAT MOMENT, I MADE THIS MEAN

THE BELIEF THAT FORMED

I'm not enough	I'm too much	I'm invisible	I'm unsafe	I don't belong	I must prove myself
I must earn love	I can't trust myself	People leave	Success creates problems		

OR IN MY OWN WORDS

THE PROTECTIVE STRATEGY I DEVELOPED

Stay quiet	Overwork	Control everything	Hide	Perform	Overgive	Perfect everything
Disconnect	Stay small					

OR IN MY OWN WORDS

Scene 2: Three Scenes from the Past

Let memory arise naturally - you don't need to search for the right one. Trust what comes.

THE SETTING

AGE

LOCATION

INSIDE / OUTSIDE

COMPANY

WHO WAS THERE (IF ANYONE)

THE EMOTIONAL DIAGNOSTIC

SOMETHING WAS SAID (OR NOT SAID) THAT MADE ME FEEL...

I FELT THAT BECAUSE...

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Notice what the memory reveals in the body, the belief it formed, and the strategy that followed.

BODY SCAN

WHERE I HOLD THIS FEELING

Body location...

COLOUR

SHAPE / SIZE

TEXTURE / TEMPERATURE

WHAT THIS ENERGY NEEDS FROM ME NOW

THE SOURCE CODE BELIEF

IN THAT MOMENT, I MADE THIS MEAN

e.g. That I'm not enough. That I have to earn love. That it's not safe to be seen...

THE BELIEF THAT FORMED

I'm not enoughI'm too muchI'm invisibleI'm unsafeI don't belongI must prove myselfI must earn loveI can't trust myselfPeople leaveSuccess creates problems

OR IN MY OWN WORDS

THE PROTECTIVE STRATEGY I DEVELOPED

Stay quietOverworkControl everythingHidePerformOvergivePerfect everythingDisconnectStay small

OR IN MY OWN WORDS

Scene 3: Three Scenes from the Past

Let memory arise naturally - you don't need to search for the right one. Trust what comes.

THE SETTING

AGE

LOCATION

INSIDE / OUTSIDE

COMPANY

WHO WAS THERE (IF ANYONE)

THE EMOTIONAL DIAGNOSTIC

SOMETHING WAS SAID (OR NOT SAID) THAT MADE ME FEEL...

I FELT THAT BECAUSE...

AND BECAUSE...

SOMETHING WAS DONE (OR NOT DONE) THAT MADE ME FEEL...

I FELT THAT BECAUSE...

AND BECAUSE...

Scene 3: Locating the Code

Notice what the memory reveals in the body, the belief it formed, and the strategy that followed.

BODY SCAN

WHERE I HOLD THIS FEELING

Body location...

COLOUR

SHAPE / SIZE

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WHAT THIS ENERGY NEEDS FROM ME NOW

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THE PROTECTIVE STRATEGY I DEVELOPED

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OR IN MY OWN WORDS

The Core Glitch Revealed

Looking across all three scenes, the pattern emerges. This is your source code - the hidden program quietly running your results.

THE FEELING THAT REPEATS ACROSS ALL THREE SCENES

THE SINGLE BELIEF RUNNING UNDERNEATH

THE STRATEGY I LEARNED TO SURVIVE

THE IDENTITY I STEPPED INTO - "I BECAME SOMEONE WHO..."

HOW THIS PATTERN SHOWS UP TODAY

Business

Relationships

Money

Visibility

Confidence

Self-worth

Health

Purpose

IN MY OWN WORDS

e.g. "I avoid posting." "I over-explain." "I hesitate before charging my rate."

THE COST OF KEEPING THIS CODE - IF NOTHING SHIFTS

Be honest with yourself...

You've Found the Glitch

Naming the pattern is the first act of freedom. The next step is releasing, interrupting, and installing the new code - at the subconscious level.

"Awareness alone doesn't change subconscious code. Transformation happens when the nervous system experiences something different - at the level where the original imprint was made."

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