THE RELUCTANT NARCISSIST

"Companion workbook to the online course."

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IF YOU NEED MORE

Resources for the harder days.

This course is education and recognition. It is not therapy, and it is not a substitute for it. If anything in this work is more than you can hold alone, please reach out to a licensed professional. Below are crisis lines and longer-term mental health resources, organised by region.

South Africa

- SADAG (South African Depression and Anxiety Group) — **0800 567 567 (24-hour)**
- Lifeline South Africa — **0861 322 322**
- Suicide Crisis Helpline — **0800 567 567**

United States

- 988 Suicide and Crisis Lifeline — **988 (call or text)**
- Crisis Text Line — **text HOME to 741741**
- National Domestic Violence Hotline — **1-800-799-7233**

United Kingdom

- Samaritans — **116 123 (24-hour)**
- Refuge (domestic abuse) — **0808 2000 247**
- Mind Infoline — **0300 123 3393**

Canada

- Talk Suicide Canada — **1-833-456-4566**
- Hope for Wellness Helpline — **1-855-242-3310**

Australia

- Lifeline Australia — **13 11 14**
- 1800RESPECT (domestic violence) — **1800 737 732**

"If you are in immediate danger, call your local emergency number first. The course will still be here."

BEFORE YOU BEGIN

How to use this workbook.

This workbook is the companion to the online course. Devon will reference specific page numbers in every module. Some pages are reflections — places to write, in your own hand, the things you are not ready to say aloud. Some pages are reference — concepts and frameworks to read, return to, photograph for your phone, send to a friend. Some pages are intended to be used repeatedly, over weeks or months — the lock-and-key map, the daily check, the integration journal templates.

You can write in this workbook. You should write in this workbook. You can also skip pages, return to them later, write outside the lines. You are not being graded.

If you are working with a therapist or coach, you may share excerpts of what you write here. The workbook is yours.

> *"The page can hold what you cannot."*
>
> — Devon

W E L C O M E

WHY I'M TELLING YOU THIS

P R E - M O D U L E

PRE-MODULE

About this course.

This course is the inside view of a man like the one who hurt you, written by the man who was him. It is not therapy. It is not a diagnosis manual. It is the conversation he probably will not have with you, even if he says he is doing the work.

Over the next nine modules and the closing, Devon walks you through what was happening in him, then what was happening in you, then how the two of you locked together as a system. By the end, you will not be healed — healing this is the work of years — but you will have a map.

This workbook is your record of the work. Use it as you go. Return to it.

THE PROMISE

What this course will not do.

This course will not, at any point, ask you to take responsibility for his behaviour. It will not tell you that you created him, or that he came into your life to teach you a lesson, or that there is some spiritual destiny in the harm you experienced. You are not the author of his cruelty. You are the author of what happens next.

Notes.

Space for anything you want to write before you begin.

MODULE ONE

WAS IT YOU?

“No. And yes. Let me explain.”

RUNTIME 28–32 MINUTES

MODULE ONE · INTRO

The four things you need to hear.

Before this course teaches you anything, it has to give you something. Permission. By the end of Module 1, four things will have been said clearly:

1. It wasn't your fault.

2. You're not crazy. Your memory is right.

3. He probably won't change. And that's the hardest one.

4. There is a pattern in you. Not a flaw. A pattern.

Each of those is its own truth. The first three are gifts. The fourth is the door.

MODULE ONE · WHO

Who this course is for.

This course is for you if you are between three months and two years out of a relationship with a man you now suspect — or know — was narcissistic. You are past the worst shock. You are not in immediate danger. But you are not okay. You are still asking

was it me?

It is for you if you have read books and listened to podcasts and watched the TikTok therapists, and somewhere in your body none of it has fully landed.

It is for you if you need to hear what was happening on his side of it, in his voice, so the part of you that is still trying to make him make sense can finally stop.

It is also for you if you are a man who saw himself in the first three minutes. You are welcome here.

MODULE ONE · WHAT

What this course is not.

This course is not therapy. Devon is not a clinician. If you are in immediate distress or in an active dangerous situation, please put this down and use the resources on page 2.

This course is not the kind that will tell you that you created this. It is not the kind that will tell you he came to teach you a lesson. It is not built on spiritual-pressure marketing or transformation theatre. It is built on the truth that you have been waiting to hear, in the voice of the man who can finally tell it.

MODULE ONE · REFLECTION

The sentence you most need to stop telling yourself.

Write down — not for anyone else, just for you — the one sentence you have been telling yourself about him that you most need to stop telling yourself.

The reframe.

Now, underneath the sentence you just wrote, copy this in your own hand:

> *"This sentence kept me safe when I had no other way to make sense of what happened. I don't need it anymore."*

You don't have to believe it yet. You just have to write it. We will come back to this sentence at the end of the course.

MODULE TWO

HOW I BECAME HIM

“Part one — the wounded boy.”

RUNTIME 35–40 MINUTES

MODULE TWO · INTRO

The shape of how a boy becomes the man who hurts the women he loves.

In Module 2, Devon tells the story of when he became him. He was fifteen. The story is specific to his life; the shape of it is not. Every man who hurts the women he loves has a moment, or a thousand small moments, where he learned the same thing:

I am not safe to love.

This module introduces the wounded boy and the framework of the wounded masculine and wounded feminine. Both wounds operate inside men who hurt women. Yours, in Module 4, will be different — but the architecture is the same.

MODULE TWO · FRAMEWORK

The two wounds inside him.

The Wounded Masculine	The Wounded Feminine
Control and domination	Neediness
Aggression	Chaos
Emotional repression	Emotional flooding
Avoidance of vulnerability	Enmeshment
Abandonment of others (and self)	Overgiving to get love
Hyper-independence	Loss of boundaries
Punishing detachment	Seeking safety through being chosen

Most narcissistic men carry both. Control and chaos. Aggression and overgiving. Avoidance and enmeshment. The contradiction you experienced was not random. It was a wounded boy running two broken programs at the same time.

MODULE TWO · REFLECTION ONE

The moments that confused you.

Write down the moments in your relationship that confused you the most — the moments where he was suddenly a different person and you didn't understand why. Don't try to interpret them. Just write them down.

Next to each moment, write: "the wounded boy was running the program in this moment."

MODULE TWO · REFLECTION TWO

What you learned from your parents.

Write down what you learned about masculinity from your father. Then write down what you learned about femininity from your mother. Not what they told you. What they showed you.

From your father.

From your mother.

Don't try to be fair. Don't try to be balanced. Just be honest about what you absorbed. We will come back to this in Module 4.

MODULE TWO · HOLDING

Before Module 3.

Module 3 is split into two parts. 3A is the mask of performance — the patterns the world saw, the patterns you experienced. 3B is the wound underneath — what the mask was protecting.

3B is the heaviest module in the course. It contains material about Devon's own sexual trauma and the patterns he ran to manage what was done to him. Take a break before you watch it. The work will be here.

MODULE THREE A

THE MASK OF PERFORMANCE

“Part two — what the world saw.”

RUNTIME 35–40 MINUTES

MODULE THREE A · CONCEPT

The man you fell in love with was real.

The man you fell in love with — the charming one, the deep one, the one who saw you — was real. He was not a trick. He was not bait. He was the version of himself the wounded boy most wanted to be, and for the first three months he genuinely believed he was that man.

The performance of being him took everything he had. Every charming thing he said, every thoughtful gesture, every moment of seeming-depth came from the part of him that was

trying. And trying is exhausting. Eventually he had to put the mask down for an hour. That was the moment you saw something else.

You weren't seeing two different men. You were seeing the performance, and then the cost of the performance.

> *"He didn't have two faces. He had one face and a mask, and the mask had been on so long it had grown into his skin."*

MODULE THREE A · CONCEPT

What sex was for him.

Sex with you wasn't connection. It was regulation. His nervous system was constantly running on shame, and the moment you wanted him, opened to him, gave yourself to him, he felt regulated. The shame went quiet. He felt, briefly, like he existed.

Then it would come back. Worse than before, because he had just used another person to manage it.

If you ever felt, after sex with him, that something was off — that he had gotten something from you that wasn't intimacy — you were right.

> *"Healthy sex is about meeting. The wounded man's sex is about managing."*

MODULE THREE A · REFLECTION

The both-and.

If your ex ever — even once — held you after he hurt you. Cried with you. Apologised. Promised it would never happen again. And meant it.

He did mean it.

And then it happened again.

Write down the moment from your relationship that contains both of him at the same time — the man who hurt you and the man who, immediately after, cared for you. Then write down what you have been telling yourself about that moment since.

MODULE THREE A · FRAMEWORK

Approach. Avoid.
Approach. Avoid.

APPROACH → AVOID → APPROACH → AVOID

The fourth attachment style.

I want you and I am afraid of you, at the same time. He craves closeness. But when closeness starts to feel real, his nervous system reads it as a threat. So he sabotages it.

What you experienced — the warmth followed by the cold, the closeness followed by the disappearing — that wasn't him being inconsistent. That was him running a perfectly consistent program. The program just happened to be:

get close, then push back. Forever.

Map the cycle.

Approach moment (when he came close)	Avoid moment (when he pulled back)	What was happening to you?

Each row is one full cycle. Sometimes it took a day. Sometimes a month. The cycle was always the same shape.

Your notes.

Use this space for anything that came up in Module 3A that you want to return to.

Your notes.

MODULE THREE B

THE WOUND UNDERNEATH THE MASK

“Part three — what the mask was protecting.”

RUNTIME 38–42 MINUTES · CONTENT NOTE INSIDE

MODULE THREE B · NOTE TO YOU

Before you watch this module.

Module 3B contains references to Devon's own sexual assault and the patterns he ran in the years afterward to manage what was done to him. The material is told with care, but it may activate things in you.

If at any point during the module you need to take a break, take it. The course will be here. Your nervous system has been through enough.

If anything in this module brings up your own experiences with sexual violation, please reach out for support. There is a list of resources on page 2.

> *"You don't have to relive anything to move forward. But you also don't need to carry it in silence."*

MODULE THREE B · CONCEPT

The engine underneath everything.

Underneath the charm, the control, the craving to be chosen, was shame. Not the feeling. The

belief. That if anyone got close enough to see him, they would run.

Brené Brown distinguishes guilt from shame: guilt says

I did something bad. Shame says *I am bad.* Shame thrives in secrecy. It feeds on silence. It grows in the dark.

His shame — whatever its origin — was almost certainly something he had never spoken aloud. Not to you. Not to a therapist. Probably not even to himself in clear language. The whole point of the mask was to make sure he never had to.

Three patterns you may not have known were patterns.

Pattern One — Keeping exes as friends.

The validation network. They had seen the ugly version of him and still wanted to be in his life — which meant he wasn't as broken as he secretly believed. He outsourced the management of his shame across multiple women. You were the primary contributor.

Pattern Two — Wanting you back.

When you left, the mask cracked. Without you there to prove he was lovable, the shame came back in full. He wasn't manipulating you when he came back — he was panicking. Letting him back in rebooted the system. The mask slid back on. The cycle resumed.

Pattern Three — The constant low-grade contact.

Even after he stopped trying. The like on a post. The view on a story. The birthday text. He could not let you go entirely, because the moment you were truly gone was the moment the wound was fully exposed.

MODULE THREE B · TIME

The wound does not soften because you understand it.

The bathroom story happened in Devon's late twenties. Santorini happened in his early thirties. Same pattern. Years of therapy, sobriety, reading, trying. Same throat-grab. Same slam to the floor. Different woman. Different country.

The wound is not waiting for the right woman. It is waiting for him to do the work. Slow, witnessed, expensive work over many years. Not insight. Not reading. Not retreats. Work.

If you have been holding any version of the hope that maybe with you, in the right circumstances, with enough patience, he could have been different — gently, let it go. It was never about you.

MODULE THREE B · REFLECTION

The moment you have been most ashamed of.

Write down the moment in your relationship that you have been most ashamed of. Not something he did. Something you did.

Maybe you stayed when you knew you should have left. Maybe you took him back when your friends begged you not to. Maybe you slept with him after he hurt you. Maybe you tolerated the female friends and told yourself it was fine.

Now, underneath what you wrote, copy this:

> *"This was my own wound, doing what it had been doing since I was a child. It was not a moral failure. It was a trauma response."*

MODULE THREE B · TO HIM

If you recognise yourself.

If you have read this far and you have recognised yourself in the patterns described, this page is for you.

Recognising yourself is the easiest part. Recognition is not work. Recognition is the door. The work is what happens after the door, and the work is harder, longer, and lonelier than you think.

It is sustained, witnessed accountability with the same therapist for years. It is losing the relationships you used to use as mirrors. It is letting the validation network go. It is grieving your parents, even the ones who are still alive. It is letting yourself be small without performing it. It is apologising to specific people, for specific things, without expecting forgiveness back.

If you are willing to do that work, you are part of the small group of men who can change. If you are not, the most loving thing you can do for the next woman who falls in love with you is leave her alone until you are.

MODULE THREE B · HOLDING

Before Module 4.

Module 4 is the pivot. Up to this point, the course has been about him. From here forward, the camera turns to you.

This is not blame. This is the only door out. The pattern in him was older than you. The pattern in you is older than him. Looking at it is not the same as taking responsibility for what he did.

Take a breath. Drink water. When you're ready, turn the page.

MODULE FOUR

HOW SHE BECAME HER

“Part one — the daughter.”

RUNTIME 38–42 MINUTES

MODULE FOUR · PIVOT

The promise stays.

This is the pivot of the course. From here, the camera turns to you. Before we begin, three things stay true:

1. Looking at your patterns is not the same as taking responsibility for his behaviour.

2. What you are looking at is the part of *you* that was already there before he arrived.

3. The point is not blame. The point is that the part of you that was already there is the one who decides whether the next man does this again.

We are going to meet the daughter. Not to blame her. To meet her. She is still in there.

MODULE FOUR · FRAMEWORK

Four ways your father wound shapes love.

The Absent Father. Gone — physically, emotionally, or both. What you learned: love is something I have to chase. Men leave or are unavailable. The work of keeping him is mine.	**The Critical Father.** Present, evaluating. Nothing was ever quite right. What you learned: love is performance. I am loved when I produce.
The Idealised Father. Charismatic, beloved by everyone, unavailable in his shared-ness. What you learned: the magnetic men are the worthy ones. Quiet love isn't enough.	**The Volatile Father.** Unpredictable. Loving one moment, raging the next. What you learned: love is something I survive. The work of keeping a man calm is mine.

MODULE FOUR · REFLECTION

Mark what fits.

Mark the archetype(s) that fit. There may be one. There may be more than one. There may even be a fifth in the extended library on page 41 that fits better. Take what fits, leave what doesn't.

- ☐ The Absent Father
- ☐ The Critical Father
- ☐ The Idealised Father
- ☐ The Volatile Father

In your own words: how did this wound shape what you expected from men?

MODULE FOUR · FRAMEWORK

Four ways your mother wound shapes you.

The Self-Sacrificing Mother. Gave everything. Had no needs of her own. What you learned: to be loved, I must give until there is nothing left.	**The Critical Mother.** Watched closely. Had opinions about your body, your choices, your face. What you learned: I am being graded. There is always something to fix.
The Enmeshed Mother. Your best friend. Your confidante from too young. What you learned: I am responsible for the people I love feeling okay.	**The Withholding Mother.** Love was rationed. Affection was conditional. What you learned: I should be grateful for whatever I get.

MODULE FOUR · REFLECTION

Mark what fits.

Mark the archetype(s) that fit. There may be one. There may be more than one. There may be a different one in the extended library on page 42. Take what fits, leave what doesn't.

☐ The Self-Sacrificing Mother

☐ The Critical Mother

☐ The Enmeshed Mother

☐ The Withholding Mother

In your own words: how did this wound shape what you expected from women, and from yourself?

Eight more, if none of the four quite fit.

The Workaholic Father — present but never available; you learned love came second to achievement.

The Charming Father — externally beloved, internally distant; you learned to perform for charm.

The Failed Father — couldn't hold his life together; you learned to be the strong one.

The Replaced Father — divorced and rebuilt his life elsewhere; you learned to be replaceable.

The Smothering Father — too close, too involved; you learned love was suffocating.

The Cold Father — physically present, emotionally absent; you learned love was cold.

The Addicted Father — substance use defined the household; you learned love was unpredictable.

The Walked-Away Father — left and didn't come back; you learned men leave for good.

Eight more.

The Narcissistic Mother — her needs were the only needs; you learned to be invisible.

The Depressed Mother — flat, exhausted, present-but-not; you learned love was thin.

The Competing Mother — jealous of you, of your youth; you learned to dim.

The Anxious Mother — worried about everything; you learned the world was dangerous.

The Cool Mother — friendly, fun, never quite a mother; you learned to parent yourself.

The Religious Mother — love mediated through doctrine; you learned love came with rules.

The Sick Mother — unwell, in need of care; you learned to be the caretaker.

The Disappeared Mother — left, died, or absent in a defining way; you learned mothers leave.

Where his behaviour fit your wound.

Moment from your relationship (Module 2 reflection)	The wound it fit	What it gave you that felt familiar

MODULE FOUR · CORE

When did you first feel the way he made you feel?

Not in this relationship. The first time. When you were a child. When the unease, the shrinking, the bracing, the working-to-be-loved, the smoothing-things-out — when did you first feel that?

Write down the answer.

Your wound did not deserve him.

> *"Your wound did not deserve him. Your wound recognised him. The door was yours to close."*

There is no version of these archetypes that means

and so she had it coming. That sentence is a lie, no matter who tells it. Your wound did not earn what he did.

But your wound did

recognise him. The wound was the reason your warning system, which would have screamed at a stranger doing what he was doing, went quiet when he did it.

Your wound was not the cause. Your wound was the door he walked through.

The next man who walks toward that door will walk through it the same way unless you, with full awareness and care for the girl who first opened it, decide it is closing now.

MODULE FOUR · HOLDING

Before Module 5.

Module 5 takes the daughter and looks at the woman she became. The fawning. The hope. The body still tuned to him. Why you stayed and why you went back.

You may need a day between Module 4 and Module 5. Take it.

MODULE FIVE

THE PATTERN

“Part two — the woman she became.”

RUNTIME 35–40 MINUTES

MODULE FIVE · CONCEPT

Familiar is not the same as good.

You stayed because your nervous system was reading the relationship as familiar, and familiar — for your nervous system — meant

survivable.

Your body's definition of safe is not what was good for you. It is what was

survivable for you in your childhood home. Those are different.

You did not stay because you were stupid, weak, or naive. You stayed because his cruelty was running on the same rhythm as the love your body had learned to recognise as home.

> *"Your body's definition of safe is not what was good for you. It is what was survivable for you."*

MODULE FIVE · FRAMEWORK

The fourth response.

Most people know fight, flight, and freeze. The fourth response — fawn — is the one most women in your situation default to. Fawn says:

when there is danger, please the danger. Make yourself useful to it. If you can keep the dangerous thing happy, it won't turn on you.

If you spent your relationship tracking his moods, anticipating his needs, defusing his anger, making yourself smaller — that wasn't a personality trait. That was the fawn response, doing what it had been doing since you were small.

You weren't just in love with him. You were on duty.

MODULE FIVE · CONCEPT

The system that kept you.

Hope architecture is the system in you that holds the belief:

the version of him I love is the real him. The version that hurts me is a temporary corruption. If I just love him hard enough, the real him will return permanently.

Your hope was not crazy. Your hope was based on real evidence. He had been the loving man, repeatedly. He had said the things, repeatedly. He had meant them, repeatedly.

But meaning it has nothing to do with sustaining it.

> *"Sincerity is not a substitute for capacity. He had the sincerity. He did not have the capacity."*

MODULE FIVE · REFLECTION ONE

What was familiar about him?

Not what was different. Not what was special. What was familiar. Which of his behaviours had a quality of home to them, even when home was unsafe?

MODULE FIVE · REFLECTION TWO

Describe the imagined version of him you were waiting for.

Not the man who showed up. The man you thought he was going to become. The fantasy. Describe him. Be specific. The way he would have held you. The way he would have shown up. The conversations you would have had.

He was not a real man. He was a possible man, and the possibility was not yours to make real. Grieve him. Then close the page.

MODULE FIVE · CONCEPT

Why you can still feel him.

Trauma does not live in your memory. It lives in your body. The relationship you were in was a sustained nervous-system event. Your body learned the rhythm of him. Now that he's gone, you are not heartbroken — you are in

withdrawal.

This is why no-contact is so hard. Every contact, even one text, is a small dose. The doses keep the withdrawal going. Real healing requires the withdrawal to actually complete. Months. Sometimes a year or more.

You are not weak. You are detoxing. The detox is what healing is.

MODULE FIVE · HOLDING

Before Module 6.

Module 6 puts both halves together. His pattern and yours. The lock and the key. It is the module nobody else has the standing to make. Devon has been building toward it the entire course.

MODULE SIX

THE LOCK AND THE KEY

"The mutual pattern, named openly."

RUNTIME 35–40 MINUTES

MODULE SIX · FRAME

Why you cannot see the pattern without seeing your half.

Most courses in this category will not teach this module. They worry it sounds like blame.

It is not blame. It is the only door out.

The man changes. The pattern, until you see it, doesn't. Until you see your half of the fit, you cannot stop selecting for it.

Devon can teach this module because he is the man. He was the lock. He has spent years looking at exactly how his wound fit the wounds of the women who loved him.

MODULE SIX · FRAMEWORK

How his wound and yours locked together.

His wound said…	Your wound said…
I have to perform to be loved.	I have to be chosen to feel real.
Intimacy is dangerous. Push back.	If I just love harder, the distance will close.
I cannot regulate myself.	I am responsible for the men I love.
I cannot tolerate the loss of my mirror.	The version of him I love is the real him.
I need multiple sources of validation.	I should not ask for more than I deserve.

Each pairing is a

system. Neither half causes the other. Both halves came into the relationship pre-existing. They just happened to be shaped to interlock.

MODULE SIX · CORE

The line that ends the self-blame.

> *"You were equally present in the pattern. You were not equally responsible for the harm."*

Hear that as one sentence. Not two.

You contributed half of the pattern. The relationship would not have continued past month three without your over-functioning, your hope, your reluctance to demand more.

The harm was his. Not yours. Not partly yours. Not fifty-fifty.

If you absorb the system as

both my fault, you will heal in the wrong direction. If you absorb it as *my half is what I have to look at, his half was his to look at,* you will heal in the right direction.

MODULE SIX · MAP

Your relationship, mapped.

Map this in your body, not your head. Your conscious mind will rationalise. Your body will feel it before your mind names it.

The fit	A specific moment from your relationship	What your half felt like in your body

Five known fits, and two of your own.

The fit	A specific moment	What your half felt like in your body
His charm met your worth-deficit		
His withdrawal met your over-functioning		
His volatility met your hypervigilance		
His hoovering met your hope architecture		
His validation network met your conditional-love wound		
[your own added fit]		

The fit	A specific moment	What your half felt like in your body
[your own added fit]		

MODULE SIX · VOW

Speak it back.

> *"This was the pattern. The pattern was not me. The pattern was not him. The pattern was the fit. I see it now. I will not run my half of it again."*

Copy it in your own handwriting. You don't have to mean it yet. Saying it begins to break the system.

Signed _____ Date _____

MODULE SIX · HOLDING

Before Module 7.

Module 7 is your shield. It teaches you how to tell real change from performed change. Most narcissistic men return saying they have done the work. Module 7 is the test.

MODULE SEVEN

HIS WORK

“What real change actually looks like.”

RUNTIME 32–38 MINUTES

MODULE SEVEN · FRAME

Your shield, and your permission.

This module is your shield against the version of him that returns claiming to be different. He will be more articulate. He will say the things your hope architecture has been waiting to hear.

What this module gives you: a set of tests. Things to actually look for. Things you can verify. If they are not present, the change is not real.

What this module also gives you: permission. Permission to walk away from a man who is

almost there. Permission to walk away from a man who *might* be doing the work. Permission to walk away from a man who is genuinely trying but isn't ready.

Almost, *might*, and *not ready yet* are not safe places for you to live.

The seven markers of real change.

1. **Same therapist for at least 12 months.**
   Not a coach. Not a workshop. A licensed therapist, consistent.

2. **The work has cost him relationships.**
   The validation network is gone. The drinking buddies are gone. New work changes who you can stand to be around.

3. **He speaks about specific harm to specific people.**
   Not generic I've grown so much. Specific names, specific moments.

4. **He has apologised to people who are not you.**
   Cold reach-outs to former colleagues, family, other partners. Specific. Without expecting anything back.

5. **He does not need you to forgive him.**
   He has accepted you may never come back. The work is for him, not for you.

6. **He has done real grief work about his parents.**
   Not they did the best they could. Real grief, with help. Visible in how he describes them now.

7. **The change is visible when you are not watching.**
   Other people who do not love him can confirm it. The mask requires an audience to maintain.

Score his change.

Marker	Cleared today?	What evidence am I using?
1. Same therapist 12+ months	☐ Y / ☐ N	
2. Lost relationships from the work	☐ Y / ☐ N	
3. Specific harm to specific people	☐ Y / ☐ N	
4. Apologised to people who aren't you	☐ Y / ☐ N	
5. Doesn't need your forgiveness	☐ Y / ☐ N	
6. Real grief work about parents	☐ Y / ☐ N	

Marker	Cleared today?	What evidence am I using?
7. Change visible when you're not watching	☐ Y / ☐ N	

If he doesn't clear five clearly, the change is not real, no matter what he says. Walk.

What it looks like when he comes back.

Stage 1. A small contact.
A like. A view. A reach-out about something innocuous. The test.

Stage 2. A more substantial message.
Often containing I've been doing a lot of work or I've been in therapy. The offering.

Stage 3. A request for connection.
A coffee. A closure conversation. Closure is the trap.

Stage 4. The in-person meeting.
The version of him you fall back into is the version he carefully studied was needed.

Stage 5. The cycle resumes.
Within weeks. Sometimes months.

> *Every stage requires the previous one. Do not engage at stage one.*

MODULE SEVEN · DECISION

Decide now, while your head is clear.

If he reaches out tomorrow, what will you do? Be specific. The decision you make in advance is the decision you will be able to keep.

Date this. Sign it. Return to it when he reaches out.

Signed _____ Date _____

You do not have to decide about him.

> *"His real change is for him, not for you. You may have decided you don't want to be in a relationship with him no matter who he becomes. That decision is yours."*

You do not owe him an evaluation. You do not have to take his call to find out if he has changed. You do not have to give him a fair hearing. You do not have to wait and see.

Your work is not to evaluate him. Your work is to never need this evaluation again.

MODULE SEVEN · LETTER

Write him the letter you wish you could send.

Tell him exactly why you are not coming back, even if his work is real. You are not going to send this. You are writing it so you have it. So you can say it to yourself.

For the months ahead.

Date	Did he reach out today?	Did you engage?	What was the cost / what was preserved?
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____

Date	Did he reach out today?	Did you engage?	What was the cost / what was preserved?
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____
___ / ___	☐ Y ☐ N	☐ Y ☐ N	_____

Photocopy this page. Keep one near you for the next ninety days.

MODULE SEVEN · HOLDING

Before Module 8.

Module 8 is the map. Devon's full framework, applied to you. Pattern Awareness. Radical Ownership. Conscious Creation. Seven steps, walked together, in the context of everything you have just learned.

MODULE EIGHT

HER WORK

"The seven steps."

RUNTIME 45–55 MINUTES

STEP ONE · WAKE UP

Name the pattern in one sentence.

Don't write a paragraph. Don't write a list. Find one sentence that describes the pattern that has been running through your life.

It might be: "I keep ending up with men who can't show up for me, and I keep working harder to make them."

It might be: "I confuse familiarity with love."

It might be: "I keep falling in love with charm and missing what's underneath."

STEP TWO · OWN IT

In your own handwriting.

> *"My pattern is mine. I am not responsible for what was done to me. I am responsible for what I do next."*

Read it back. The act of writing it in your own hand is the work.

STEP TWO · DEEPEN

The difference between blame and ownership.

Blame says: "this is your fault." Ownership says: "this is now your responsibility, and that is a gift."

Where in your life have you been confusing the two?

STEP THREE · FACE THE SHADOW

Write to the part of you that survived.

The shadow part of you was not weak. She was the version of you that survived. Write to her by name. Do three things.

One — Thank her.

Thank her for what she did to keep you alive. List the specific things. Thank you for managing his moods. Thank you for over-giving. Thank you for hoping.

Two — Tell her what is over.

The relationship is over. The childhood that built these patterns is over. The man you were managing is gone.

Three — Tell her what you need from her now.

Maybe rest. Maybe handing the work over to a more grown-up part of you. Maybe just being seen and loved by you, after all these years.

Signed _____ Date _____

STEP THREE · KEEP

Where to keep her.

The letter you just wrote is one of the most important pieces of work you will do in this course. Photograph it. Keep it. Return to it when she shows up — when she fawns, when she over-functions, when she hopes.

In Step Seven, we will come back to her with a future.

STEP FOUR · RELEASE

The four anchors.

Anchor	Released?	What does releasing it look like?
The unanswered questions	☐ Y / ☐ N	
The pieces of evidence (screenshots, voice notes, photos)	☐ Y / ☐ N	
The social orbit (mutual friends, shared spaces, locations)	☐ Y / ☐ N	
The imagined version of him	☐ Y / ☐ N	

Pick one anchor. Just one. Schedule when you will release it this week.

STEP FOUR · RITUAL

How to actually release.

Release is not a feeling. Release is an act.

For evidence:

delete it. All of it. In one sitting. The act of deleting is the release.

For social orbit:

unfollow. Mute. Stop going to the place. The choices are the release.

For unanswered questions:

write them down on paper, tear up the paper, throw it away. The destruction is the release.

For the imagined man:

every time he shows up in your head, say

he is not real, and I am not waiting for him, and turn your attention to something present. This is daily, for months. The repetition is the release.

STEP FIVE · SHIFT

Pick three. Commit to thirty days.

The relationship was a sustained nervous-system event. Healing requires teaching your body a new rhythm. Pick three of the practices below. Commit to thirty days. Consistency is the work.

☐ **Breathwork** — slow breathing, four seconds in, six seconds out, 5–10 minutes daily.

☐ **Movement** — walking outside, restorative yoga, dance, anything that moves the body without performance.

☐ **Cold exposure** — cold showers or plunges, two minutes daily.

☐ **Time in nature** — twenty minutes outside, near trees or water.

☐ **Sleep** — eight to nine hours, aggressively.

☐ **Phone-free hours** — blocks where the phone is in another room.

My three:

1. _____

2. _____

3. _____

Start date: _____

STEP FIVE · TRACK

Track for thirty days.

Date	Practice 1	Practice 2	Practice 3	NS (1–10)
Day 1 _____	☐	☐	☐	_____
Day 2 _____	☐	☐	☐	_____
Day 3 _____	☐	☐	☐	_____
Day 4 _____	☐	☐	☐	_____
Day 5 _____	☐	☐	☐	_____
Day 6 _____	☐	☐	☐	_____
Day 7 _____	☐	☐	☐	_____
Day 8 _____	☐	☐	☐	_____
Day 9 _____	☐	☐	☐	_____
Day 10 _____	☐	☐	☐	_____
Day 11 _____	☐	☐	☐	_____
Day 12 _____	☐	☐	☐	_____
Day 13 _____	☐	☐	☐	_____
Day 14 _____	☐	☐	☐	_____
Day 15 _____	☐	☐	☐	_____
Day 16 _____	☐	☐	☐	_____

Date	Practice 1	Practice 2	Practice 3	NS (1–10)
Day 17 _____	☐	☐	☐	_____
Day 18 _____	☐	☐	☐	_____
Day 19 _____	☐	☐	☐	_____
Day 20 _____	☐	☐	☐	_____
Day 21 _____	☐	☐	☐	_____
Day 22 _____	☐	☐	☐	_____
Day 23 _____	☐	☐	☐	_____
Day 24 _____	☐	☐	☐	_____
Day 25 _____	☐	☐	☐	_____
Day 26 _____	☐	☐	☐	_____
Day 27 _____	☐	☐	☐	_____
Day 28 _____	☐	☐	☐	_____
Day 29 _____	☐	☐	☐	_____
Day 30 _____	☐	☐	☐	_____

STEP SIX · REDESIGN

Old identity. New identity. Three behaviours.

The woman I was inside the relationship:

Specific. Not aspirational. The actual woman.

The woman I am choosing to be now:

Three concrete behavioural changes I will make this week:

1. _____

2. _____

3. _____

STEP SIX · REHEARSE

Rehearse her, daily.

Day	One thing the new woman did today	What did it cost? What did it give?
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		

Day	One thing the new woman did today	What did it cost? What did it give?
Day 7		

Identity is a pattern of behaviour. Behaviour repeated becomes pattern. Pattern over time becomes identity. Rehearse her until rehearsal becomes truth.

STEP SEVEN · VISION

Three years from now. If everything goes well.

Not in detail. In feeling. What does your home look like? Who is in it? What does your morning feel like? What is the work you spend your days doing? Who are your friends? What do they know about you? Where do you sleep?

Be specific. Boring detail. Specific enough that you could begin building it tomorrow.

STEP SEVEN · ACT

One action. This week.

Pick one element of the future you described. Just one. Take a single concrete action toward it this week. A phone call. A purchase. A trip. A registration. A walk.

My one action:

By when:

Conscious creation is not a vision board. It is the slow accumulation of actions that exist because you have decided who you are becoming. Every action proves the new identity. Every action makes the future a little more inevitable.

INTEGRATION JOURNAL

Thirty days, after the course.

Days 1–10. Use these pages in the weeks after you finish the course. Photocopy if you need more.

Day ____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day ____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day ____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day _____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day _____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

INTEGRATION JOURNAL

Days 11–20.

Day _____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day _____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day _____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day _____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day ____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

INTEGRATION JOURNAL

Days 21–30.

Day _____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day _____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day _____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day _____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

Day ____ / **Date** _____

One thing I noticed about myself today:

One step I took that the new woman would have taken:

One pattern that tried to run today, and what I did about it:

BEFORE THE CLOSING

One last piece.

You are at the end of the teaching. There is one more piece — the Closing — and it is different from any other module. Devon will explain when you arrive there.

Take a breath. The course is almost complete.

THE CLOSING

“What was owed to you, and what is owed to her.”

RUNTIME 12–15 MINUTES

THE CONFESSION

I am sorry.

I am sorry for what I did to you.

I am sorry for the way I made you feel like you were too much, when you were exactly enough.

I am sorry for the way I made you feel like you were not enough, when you were everything I had been looking for.

I am sorry for the way I gave you my best self in the first months and could not sustain it.

I am sorry for the way you started questioning yourself in my presence.

I am sorry for the things I said when I was angry that you have not been able to forget. I knew where to hit. I used what you told me. The cruelty was specific. I am sorry for the specificity.

I am sorry for the times I came back to you with apologies and promises and a softer version of myself, and then could not be him. I meant the apologies. I meant the promises. I am sorry that meaning them was not the same as keeping them.

I am sorry for the women I kept in my life that you could not understand. They had not earned their place. They were managing my shame. I am sorry I made you share me with them.

I am sorry for the way I made you feel responsible for my emotional state. That was not your work. It was mine.

I am sorry for the version of you I made you become to be loved by me. That was not who you were before me.

I am sorry for the time you have lost. The years. The nights. The friendships you let slip.

I am sorry that you may not, for years, be able to fully trust a man again.

I am sorry that the apology is not enough. It is not enough. Nothing is enough. I am offering it anyway, because something is more than nothing, and you deserved this much from me, and you did not get it.

I am sorry that you had to do all of this work without me. That you had to sit with strangers in therapy rooms, and read books at three in the morning, and cry to friends who did not fully understand, and pay for courses like this one — because the man who broke you was not capable of doing his own repair.

I am sorry I was not strong enough to do for you what you would have done for me, if it had been the other way around.

I am sorry.

I cannot take it back. I cannot give you back the time. I cannot un-say what I said or undo what I did.

What I can tell you is this. **None of it was your fault. It was never your fault.**

I see you. I am sorry. I love you the way a man finally able to love can love a woman he hurt — which is to say, from a distance, with humility, without expectation.

You owe me nothing. Go and live.

— D.

THE LETTER TO YOURSELF

Apologise to her.

Not for staying. Not for loving him. For the cruelty you have directed inward since he left.

Write to her. The you who has been carrying not only what he did, but what you have been doing to her since.

Dear _____ *Date* _____

And then, in the same breath, if you can, tell her what you will do differently from now on.

FOR LATER

Some weeks you will be fine. Some weeks you will not.

Both are part of this. The work continues after the course. There will be days when you forget the framework. There will be days when you fall back into the relationship in your head and have to climb out again. There will be days when you wonder if any of this is real.

That is not failure. That is healing.

Come back to the framework when you forget. It will be here.

> *"The work begins now, and it does not end. Some weeks the framework will help. Some weeks you will forget it. Both are part of this."*

“You are not alone in what happened to you.”