

DAY 12



REAL-TIME INTEGRATION POCKET GUIDE

PRACTICE GUIDE

**“TRANSFORMATION DOESN'T HAPPEN
JUST IN PRACTICE—IT HAPPENS IN THE
LIVING, BREATHING MOMENTS OF
YOUR LIFE.”**

Fiona Soutter

PART 1

YOUR REAL-TIME INTEGRATION PROCESS

What You'll Need:

- Your awareness throughout the day
- Brief moments of pause during triggers or transitions
- 5-10 minutes for evening journal reflection

Step-by-Step Real-Time Practice:

1. Notice:

- "I'm having a reaction right now."

2. Identify:

- "Is this my inner critic, a limiting belief, or my inner child responding?"

3. Interrupt:

- Use your pattern interruption word if needed (e.g., "CHANGE").

4. Accept:

- Allow the emotion to be present without judgment.

5. Respond:

- Reassure your inner child, challenge your inner critic, or breathe through the feeling.

6. Release:

- Let the energy move through your body with compassion

PART 2

QUICK REMINDERS FOR REAL-TIME USE

- ✓ Use simple grounding techniques (breath, hand on heart).
- ✓ Anchor into your adult resources: "I know how to handle this."
- ✓ Visualize reassuring your inner child when triggered.
- ✓ Use environmental cues (sticky notes, stones, images) to remind you.
- ✓ Celebrate every moment you remember to pause, no matter how brief.

Part 3: Evening Reflection Prompts

- Take 5–10 minutes at the end of your day to journal:
- What triggers did I notice today?
- Which practices from my toolkit did I apply?
- How did my response differ from my old patterns?
- What was challenging about applying these tools in real-time?
- Which tool felt most natural or accessible today?



CLOSING THOUGHTS

Each real-time pause you create is a moment of rewiring, a shift toward greater freedom and authenticity. Transformation isn't about perfection—it's about showing up for yourself again and again, moment by moment.

"I am learning to meet every experience with presence, compassion, and choice."

Tomorrow, we'll deepen this work by exploring how to recognize emotional "set points" and expand your capacity for joy and self-love. ✨
