

THE ATTACHMENT RESET

Relational Completion Protocol

Sovereign Self System | The Coherence Lab

PURPOSE

Use this when a person or memory keeps returning. When you find yourself replaying a conversation, tracking someone's movements, or pulled back into something that has already ended.

Duration: 5–10 minutes. No journaling. No contact with the person.

Attachment loops do not end through willpower. They end through completion.

01 - Name Who You Are Carrying

Say their name aloud, or internally. Do not explain the relationship. Do not justify why you are still thinking of them.

Just name them. Let the body respond to the name.

Notice where in the body the pull lives. Chest. Throat. Gut.

02 - Identify What has Not Completed

The pull is not about the person. It is about something that did not finish.

Choose one:

- What I never said to them
- What I needed them to say to me
- What I gave that was never acknowledged
- What I lost when they left
- What I was hoping for that never came

Name it once. Do not elaborate. One sentence is enough.

03 - Speak the Completion

Say this aloud if possible. Internally if not.

"I saw you clearly. I valued what we had. What I needed from you did not come. I complete what was left unfinished. I carry forward only what is mine."

Pause. Feel the body. Allow whatever moves.

04 - Return to Yourself

Hand on heart. One slow breath.

"Why am I already complete - with or without their acknowledgment?"

Ask once. Do not answer. Allow it to land.

The loop does not end because you stop caring. It ends because the unfinished thing has been completed - not in the external relationship, but in the body. You are not releasing the person. You are releasing the hook.