

THE COHERENCE BASELINE

Maintenance & Structural Scan

Sovereign Self System | The Coherence Lab

Purpose

Use this when something feels subtly off.

When clarity drops.

When an old pattern begins to reappear.

When you sense you have stepped out of baseline authority.

Duration: 2–5 minutes.

No journaling. No spirals.

01 - Locate the Drop

Ask:

Where did the shift occur?

What triggered the deviation?

When did this version of me take control?

Then ask the structural question:

What am I attempting to protect or prove right now?

Common drivers:

I needed to be right.

I did not want to feel powerless.

I believed I had to fix it to be valued.

I believed I had to perform to remain relevant.

Name it once.

02 - Identify the Breach

Ask:

Which part of me is currently running the system?

Is this fear, fatigue, force, pleasing, proving, or fantasy?

Then ask:

What do I believe will happen if I remain fully present and unguarded?

Common answers:

I will be rejected.

I will fail.

I will lose control.

I will not be enough.

I will not be chosen.

Notice the belief.

Do not wrestle with it.

03 - Reset the Baseline

Hand on heart or gut.

Inhale through the nose.

Say:

I remember.

Exhale through the mouth.

Say:

I return.

Then ask:

If I were fully in baseline coherence, what would I choose now?

What does structural clarity know here?

Choose from that place.

No urgency.

Protocol complete.