

THE SURVIVAL PATTERN RESET

Structural Loop Interruption Protocol

Sovereign Self System | The Coherence Lab

Purpose

Use this when contraction is active.

Do not use it from comfort.

This protocol interrupts the survival brace long enough for baseline authority to re-establish.

Duration: 3–5 minutes.

No analysis. No processing.

01 - Stabilise the Body

Hand on chest.

Slow exhale through the mouth.

Allow the shoulders to drop.

Feel the weight of your own hand.

Say, once:

I am here.

In this body.

In this moment.

Pause.

Feel your feet on the floor.

02 - Identify the Active Contract

Name what your system currently believes is unsafe.

Do not analyse.

Allow the body to choose.

Complete the sentence:

My system currently believes it is _____.

Common contracts include:

Identity / Existence

Not safe to be

Not safe to be me

Not safe to be seen

Not safe to take up space

Not safe to be here now

Power / Authority

Not safe to lead

Not safe to decide

Not safe to disagree

Not safe to say no

Not safe to be powerful

Say the chosen contract once.

No explanation.

Expression / Truth

Not safe to speak my truth

Not safe to feel

Not safe to want

Not safe to want what I want

Receiving / Support

Not safe to receive support

Not safe to trust

Not safe to be close

Expansion / Transition

Not safe to succeed

Not safe to begin again

Not safe to let go

Not safe to slow down

Not safe to rest

Not safe to not know

03 - Restore Internal Authority

Say, slowly:

I am the primary authority in my own nervous system.

No external person, event, or situation governs my internal state.

Pause. Slow exhale.

04 - Break the Contract

This is not symbolic.

Say:

I break the survival contract that says it is not safe to _____.

This contract was installed for protection.

It is no longer required.

I withdraw consent for this belief to govern my behaviour.

Pause 15–20 seconds.

Allow the body to respond.

Do not force a shift.

05 - Coherence Anchor

Ask once:

Why does my system already know it is safe to return to baseline?

Do not answer.

Allow the question to land.

Protocol complete.