

90-SECOND SHAME RESET

Four moves.

1. **Name it.** "Shame" or "guilt." Edges, not fog.
2. **Feet + long exhale.** 3 rounds: in 4, out 8.
3. **One counter-sentence.** The act is not the identity.
4. **One chosen motion.** Then: repair, or release?

VERDICTS ISSUED MID-SPIRAL ARE VOID •
FORGIVENESS.PLUS

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CUT ALONG THE DASHED LINES