



S · SUPPORT

designed for which self?

An encounter with the gap between your rational self and your irrational one.

🕒 10 MINUTES

THE MESS

1. List the support structures you have built for yourself — routines, habits, systems.
2. Ask honestly: which of these were designed for the self you think you should be?
3. Name one thing your irrational, contradictory, fully human self actually needs that nothing on the list provides.

Notice: the difference between support that performs wellness and support that actually holds you.

NO OUTCOME REQUIRED.