



A MICRO-REFLECTION FOR PEOPLE
REBUILDING AFTER HARM.

Identity Reset Prompt (AIN Lens)

A — AWARENESS

WHAT STORY HAVE YOU BEEN CARRYING THAT NO LONGER FITS WHO YOU ARE?

B — INTERVENTION

WHAT BOUNDARY, TRUTH, OR ACTION INTERRUPTS THAT OLD STORY?

C — NEW BEGINNINGS

WHO ARE YOU BECOMING AS YOU STEP INTO THIS NEXT VERSION OF YOURSELF?

A GROUNDING STATEMENT TO FINISH:

"I AM ALLOWED TO EVOLVE. I AM ALLOWED TO CHOOSE DIFFERENTLY NOW."

