

# Free AIN Framework Quick-Start Guide

## Unlock Your Path to Healing: Awareness, Intervention, New Beginnings

Welcome! I'm Zsarina, creator of the AIN Framework™. This free guide is your first step toward breaking cycles of harm, navigating ACC claims in New Zealand, or rebuilding after trauma. It's a simple, empathetic tool drawn from my own experiences as an advocate and survivor.

The AIN Framework helps you move from feeling stuck to empowered. Use this Guide (print it out or save as PDF) to get started. For the full workbook with deeper exercises, templates, and support, sign up for my newsletter at [www.zsarina2024.com](http://www.zsarina2024.com) or grab it directly.



# What is the AIN Framework?

The AIN Framework is a three-stage process to transform pain into power:

1. Awareness: Recognize hidden patterns of harm in your life, relationships, or systems (like ACC processes).
2. Intervention: Take safe, strategic actions to interrupt those cycles.
3. New Beginnings: Rebuild with intention, creating a life of resilience and joy.

Why it works: Unlike generic advice, AIN is rooted in real-world advocacy. It's flexible for abuse recovery, bureaucratic battles, or personal growth.

Quick Tip: Start small - spend 5 minutes today reflecting on one area of your life.



# Stage 1 - Awareness

Awareness is about shining a light on what's holding you back. Without it, cycles repeat.

Exercise: Pattern Spotter

- List 3 recurring situations in your life (eg. “I always feel dismissed by ACC Meetings” or “I attract controlling relationships”).
- For each, ask: What emotions arise? What triggers them? Who or what is involved?
- Example: Situation: Repeated ACC claim denials. Emotions: Frustrations, powerlessness. Triggers: Vague feedback from case managers.

Reflection Prompt: Journal: “What one truth about my situation am I avoiding?” (5-10 minutes).

NZ-Specific Note: In ACC claims, awareness might mean tracking inconsistencies in communications - keep a log!



# Stage 2 - Intervention

Once aware, intervene to stop the cycle. This is action-orientated but gentle - focus on safety first.

Exercise: Action Planner

- Pick one pattern from Awareness.
- Brainstorm 3 small interventions: What can I do? Who can help? What's my backup?
- Example: For ACC denials - Intervention: request a formal review in writing; Seek free advocacy from Community Law: practice assertive scripting: "I need clarification on this decision under Section X of the Act."

Reflection Prompt: Journal: "What's one boundary I can set today?" (Include self-care, like a walk after tough calls).

Pro-tip: If dealing with abuse, prioritize safety - contact NZ services like Shine (0800 744 633) before intervening.



# Stage 3 - New Beginnings

This is rebirth: Building forward with hope and tools.

Exercise: Vision Builder

- Visualize your “new beginning”. What does freedom look like? (eg: “confident in ACC appeals” or “Healthy relationships”).
- Set 3 micro-goals: One for today, one for this week, one for the month.
- Example: Today: Affirmation - “I am worthy of support.” Week: Join an online survivor group. Month: Complete an ACC form with ease.

Reflection Prompt: Journal: “What strengths from my past can fuel my future?” (Celebrate wins, no matter how small.)

Empowerment Hack: Create a “wins jar” - note daily positives to track progress.



# Next Steps & Resources

You've started - Great job! To go deeper:

- Download the full AIN Workbook at [www.zsarina2024.com](http://www.zsarina2024.com) for 50+ pages of templates, Journal prompts and exercises for \$19.95 or the hard copy for \$39.95.
- Sign up for my newsletter: Get weekly tips, free updates, and exclusive discounts. (Popup on site or link in bio.)

NZ Resources:

- ACC Support: [www.acc.co.nz](http://www.acc.co.nz) or 0800 101 996
- Abuse Help: Family Violence Helpline (0800 456 450) or [www.areyouok.org.nz](http://www.areyouok.org.nz)
- Mental Health: Lifeline (0800 543 354)

Follow me: @zsarina2024 on instagram, LinkedIn (Zsarina Lovett), X, or Substack for more inspiration.

Remember: Healing isn't linear, but with AIN, your not alone. Reach out anytime.

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