

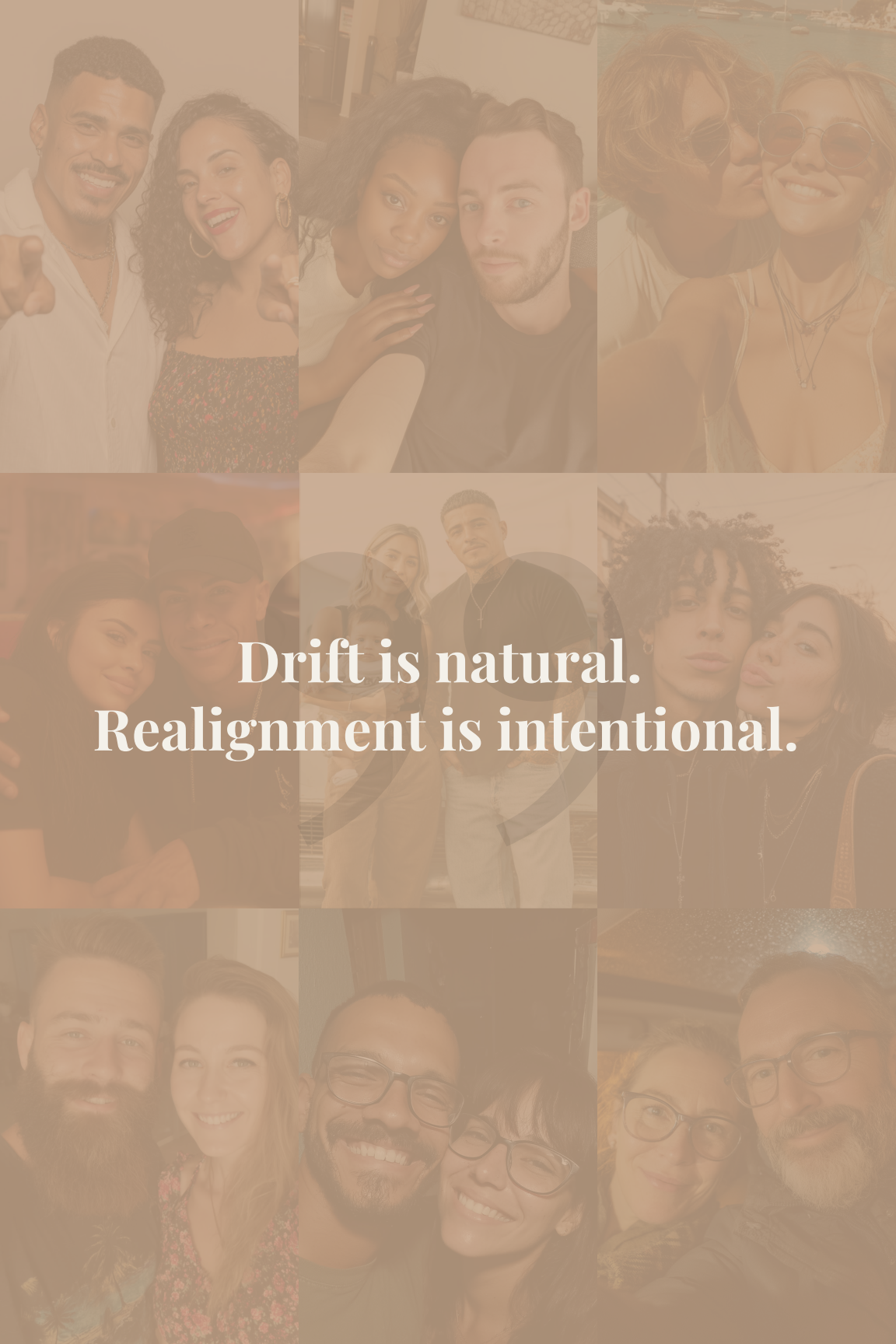
THE RESET RITUAL *MINI*

A structured introduction to
The Reset Framework.

Stage 01: Awareness



SMALL RITUALS. STRONGER RELATIONSHIPS.



Drift is natural.
Realignment is intentional.

Introduction

Awareness is where every reset begins.

Not with confrontation.

Not with blame.

With noticing.

Most relationships don't drift because care disappears.

They drift because curiosity fades.

The Reset Ritual Mini guides you through a single structured Awareness session; the first stage of The Reset Framework.

It is intentionally focused.

Intentionally contained.

If this process feels meaningful, Series One expands the work into a complete 4-stage progression:

Awareness.

Honesty.

Intimacy.

Vision.

The Reset System builds the repeatable rhythm.

For now; Begin here.

How to Use This



Move through the questions in order.
There is structure beneath the surface.

Read each question fully.
Answer honestly.
Take your time.

You don't need perfect language.
You need honest language.

If something feels heavier than expected,
pause. Regulate.

Return when ready.
This is a reset — not a reckoning.

What's Shifted

01

1. What feels different in our relationship compared to a year ago? _____

2. Where have we become less intentional than we used to be? _____

3. When do you feel most connected to me right now? _____

4. When do you feel least seen or understood? _____

5. What has subtly changed between us that we haven't fully acknowledged? _____

What's Quiet

02

6. What conversation have we postponed?

7. What topic feels slightly avoided or minimized? _____

8. What desire, dream, or concern have we stopped naming? _____

9. What small frustration keeps repeating without resolution?

10. Where might we be assuming instead of clarifying? _____

Emotional Climate

03

11. What emotion shows up most often in our relationship lately?

12. What do you wish I understood more clearly about you? _____

13. Where have I misread you recently?

14. What feels unsaid between us?

15. What would feel relieving to express?

Subtle Patterns

04

16. Where are we operating on autopilot rather than intention? _____

17. What habits are strengthening us right now? _____

18. What habits are quietly weakening us?

19. What pattern tends to show up during tension or disagreement? _____

20. What small shift would improve our alignment immediately? _____

Closing Reflection



What surprised you during this conversation?
What themes repeated?
What feels important not to ignore?

Clarity creates momentum.

If this conversation surfaced more than you expected, that's not a problem — it's progress.

Series One expands this structure across four stages:

Awarezness.
Honesty.
Intimacy.
Vision.

The Ritual Reset System builds a repeatable architecture — so you don't start from zero each time tension returns.

For now;
Take what you noticed seriously.
That's where alignment begins.