

Calm Memory Reflection

Remember the version of you who already knew how to return.

When this might help:

- Calm feels far away and you need proof you've been there
- You're reconnecting with the version of you who knows the way back

The practice:

- "What helped me soften, even briefly?"
- "When did I last feel connected to calm?"
- "What would it feel like to return to that version of me today?"

Gentle fallback: One remembered moment of softening, however brief, is enough.