



Holistic Mental Health Coaching  
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## **Six Week Journey Overview**

### **From fear-driven to inner-guided, one small step at a time**

This six-week journey is designed to help you move from living on automatic pilot, driven by fear and old patterns, toward living with more clarity, choice, and self-kindness. Each week builds on the last. You'll learn to notice what's happening inside you, make small real-life shifts, and bring more honesty and compassion into your relationships.

### **Week 1: Two Thought Systems: Learning to Notice and Choose**

In Week 1, you'll meet two inner channels:

- One driven by fear: urgent, critical, focused on attack or defense.
- One clearer and quieter: curious, kind, and steady.

You'll begin to notice that you are not your fearful thoughts. You are the one who can observe them.

#### **Practices include:**

- Brief check-ins to notice which inner voice is speaking.
- Gently saying, "I am willing to see this differently" when stuck.
- Asking the quieter voice, "What would be helpful here?"
- Using a simple Purpose Check: asking "What is this for?" and choosing words like learn, connect, rest, be honest, or be kind.

The focus is on awareness and making very small choices in real time.

### **Week 2: Projection and Perception: Seeing Your Story-Making**

This week, you'll start to notice the difference between what actually happened and the story your mind adds on top.

The mind often turns simple events into proof about you or others, creating loops of upset and tension.

#### **Practices include:**

- Listing facts you can verify, then the story you're adding.



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- Noticing the upset loop: judge, project, look for proof, judge again.
- Asking, “What might I be missing?” or “What else could be true?”
- Using the Purpose Check from Week 1 during moments of upset.

You’ll learn that your current way of seeing is often just one possible story, not the only truth.

### **Week 3: Updating the Past Lens: Letting Today Be New**

Past experiences and old roles often color how you see things today.

Many quick reactions come from yesterday’s learning, not what’s happening now.

You’ll begin to see familiar patterns as old lenses, not fixed parts of your identity.

#### **Practices include:**

- Catching phrases like “always” or “never” as signs of old lenses.
- Noticing how old strategies helped in the past but may limit you now.
- Asking, “What else could be true today?”
- Trying very small, safe experiments that gently contradict old stories.
- Looking for moments that don’t fit your old script and letting them count.

This week moves you from noticing thoughts to understanding their origins and trying new responses.

### **Week 4: Responsibility Without Blame: Clean Ownership**

This week is about taking responsibility for your perceptions and responses without falling into self-blame or blaming others.

You’ll explore the difference between fault and responsibility:

- Fault looks backward and often leads to shame.
- Responsibility looks forward and asks, “What can I choose now?”

#### **Practices include:**

- Separating fault stories from your present ability to respond.
- Using language like “I see it this way” instead of “You made me feel this way.”
- Stating your part clearly without calling it “all my fault.”
- Making small, clear requests or setting simple boundaries.



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- Asking, “Which inner teacher am I choosing here?” when feeling pulled into blame.

This week helps you stand in your own power with clarity and self-respect.

## **Week 5: The Need to Be Right: From Winning to Being Real**

The drive to be right can hijack connection, safety, and honesty.

When your nervous system feels threatened, disagreement can feel like danger.

The quiet goal becomes to win or defend, instead of understand or connect.

### **Practices include:**

- Noticing body signals like tightness, heat, or urgency.
- Turning toward curiosity with questions like, “What am I not seeing?” or “What might be true for them?”
- Reflecting back what you heard before responding.
- Looking for even ten percent common ground in disagreements.
- Pausing debates when activated and planning calmer re-entry.
- Remembering real strength can be firm, kind, and open—not rigid.

This week brings your earlier tools into live conversations and relationship tension.

## **Week 6: Guilt and Its Disguises: From Self-Attack to Enoughness**

Guilt often acts as a quiet core story: “Something is wrong with me.”

It fuels judgment, over-responsibility, and a feeling that you must make up for something.

Many were taught that guilt and harshness keep them kind and responsible.

You’re invited to try a new way.

### **Practices include:**

- Spotting where guilt hides, in anxiety, comparison, irritation, or over-apologizing.
- Shifting from harsh judgment to gentle curiosity with, “I am willing to see more of the story.”
- Using correction lines like, “I did that, and I can learn from it.”
- Practicing self-forgiveness that holds both impact and your humanity.



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- Making tiny, specific amends from clarity, not shame.
- Receiving help or kindness without pushing it away.
- Reminding yourself, “My worth is intact, even when I make mistakes.”

This week goes to the emotional root of many patterns, softening guilt and self-attack, making your tools feel sustainable and kind.