

The 30-Day Un-Spiral

From *Unspiraled* by Remy Hale. One small, gentle move a day. This is **practice, not treatment** — skills for everyday anxiety, never a substitute for real help. Miss a day? Do the next one — no starting over, no failure. Check the box. Aim for *most*, not perfect.

WEEK 1 Learn the Alarm

- ☐ **Day 1** – Name it once: “my brain is trying to protect me”
- ☐ **Day 2** – Decode the body: name 3 signs and their jobs
- ☐ **Day 3** – One minute of long exhales, tonight, calm
- ☐ **Day 4** – Start the alarm audit: what was in your hands?
- ☐ **Day 5** – Name the pattern: which liar is talking?
- ☐ **Day 6** – Build your 3-item reset kit (keep it forever)
- ☐ **Day 7** – Check-in: what did you notice for the first time?

WEEK 2 Learn the Moves

- ☐ **Day 8** – Cut or cage one alarm-pulling input
- ☐ **Day 9** – First thought on trial, in writing (pick a 4, not a 10)
- ☐ **Day 10** – Use the reset kit on a real alarm
- ☐ **Day 11** – Sort one worry: problem or loop?
- ☐ **Day 12** – List 2–3 things you’ve been avoiding (no action yet)
- ☐ **Day 13** – Build one ladder — tiny bottom rung
- ☐ **Day 14** – Check-in: which tool earned its keep?

WEEK 3 Change the Ground

- ☐ **Day 15** – The four-question audit: sleep, caffeine, moving, light
- ☐ **Day 16** – Pull the worst lever — one-sentence rule, stays on
- ☐ **Day 17** – Climb rung one, tools on, then log it
- ☐ **Day 18** – Catch one harsh self-sentence, verbatim, on paper
- ☐ **Day 19** – Rewrite it as you’d say it to your best friend
- ☐ **Day 20** – Rung one again — or rung two if it got boring
- ☐ **Day 21** – Check-in: how’s the average weather vs. Day 1?

WEEK 4 Build the Life

- ☐ **Day 22** – Write your person + your numbers; save 988 as a contact
- ☐ **Day 23** – Write the panic card (even if you’ve never had one)
- ☐ **Day 24** – Find your direction: the three fast questions
- ☐ **Day 25** – One values step, anxiety invited along
- ☐ **Day 26** – The half-inch drill: “I’m having the thought that...”
- ☐ **Day 27** – One kind rewrite + one ladder rung, same day
- ☐ **Day 28** – Tell one person one true thing about any of this
- ☐ **Day 29** – Choose what stays for good, in writing
- ☐ **Day 30** – First monthly check-in — repeat monthly, forever

If it’s heavier than practice: call or text **988** (Suicide & Crisis Lifeline) or text **HOME** to **741741** — free, confidential, 24/7. Reaching out is the strongest move on this page.

Daily nudge + group version: mojavepublishing.com/unspiraled

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