

# 30 DAY INTEGRATION CALENDAR

## DAYS 1 TO 15 STABILIZE AND TELL THE STORY SAFELY

Start on any day. Complete one short practice, then rate how steady you feel before and after.



RISE TOWARD LOVE

ANGELA ROSE HARRIS

Start date \_\_\_\_\_

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| <div><b>1</b></div> <div>STABILIZE</div> <div><b>Take a Baseline</b></div> <div>Use the Integration Compass to rate Body, Inner Life, Relationships, Spiritual Life, and Work and Service.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div>    | <div><b>2</b></div> <div>STABILIZE</div> <div><b>Name Your Supports</b></div> <div>List three people, groups, or professionals you can contact. Put their information where you can reach it.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div> | <div><b>3</b></div> <div>STABILIZE</div> <div><b>Care for the Body</b></div> <div>Choose one basic need to support today: sleep, hydration, nourishment, movement, medication, or medical care.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div> | <div><b>4</b></div> <div>STABILIZE</div> <div><b>Return to the Room</b></div> <div>Name five things you see, four you feel, and three you hear. Stop when you feel more present.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div>                    | <div><b>5</b></div> <div>STABILIZE</div> <div><b>Do Something Ordinary</b></div> <div>Complete one familiar task slowly and with full attention. Let the ordinary world hold you for a while.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div>  |
| <div><b>6</b></div> <div>STABILIZE</div> <div><b>Reduce Stimulation</b></div> <div>Take at least thirty minutes away from spiritual media, research, and interpretation. Notice what settles.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div> | <div><b>7</b></div> <div>STABILIZE</div> <div><b>Review the Week</b></div> <div>Write down what helped you feel safer, steadier, or more present. Choose one practice to repeat.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div>              | <div><b>8</b></div> <div>TELL SAFELY</div> <div><b>Write the Short Version</b></div> <div>Describe what happened in one paragraph without explaining or defending it.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div>                           | <div><b>9</b></div> <div>TELL SAFELY</div> <div><b>Separate the Layers</b></div> <div>Make three short lists: what I experienced, what I think it means, and what I do not know.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div>                    | <div><b>10</b></div> <div>TELL SAFELY</div> <div><b>Map the Memory</b></div> <div>Create a simple timeline. Mark what you remembered immediately, later, or after another person confirmed it.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div> |
| <div><b>11</b></div> <div>TELL SAFELY</div> <div><b>Choose the Circle</b></div> <div>Sort details into four levels: public, trusted, professional support, and private for now.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div>               | <div><b>12</b></div> <div>TELL SAFELY</div> <div><b>Ask for What You Need</b></div> <div>Finish this sentence: I would like you to listen by... Name what would help and what would not.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div>      | <div><b>13</b></div> <div>TELL SAFELY</div> <div><b>Share or Write Privately</b></div> <div>Tell one safe person, attend a group, or write a letter you do not have to send.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div>                    | <div><b>14</b></div> <div>TELL SAFELY</div> <div><b>Notice the Aftereffect</b></div> <div>After sharing, ask: Do I feel more settled, unchanged, or activated? Record what the response taught you.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div> | <div><b>15</b></div> <div>PAUSE</div> <div><b>Rest and Reconnect</b></div> <div>Choose rest, nature, play, or ordinary connection. Integration can continue without active analysis.</div> <div>Before ____ After ____ 0 to 10</div> <div>[ ] Complete Note _____</div>           |

Pause if a practice increases distress. Seek appropriate support if you feel unsafe or cannot manage daily life.

# 30 DAY INTEGRATION CALENDAR

## DAYS 16 TO 30 TEST THE MEANING AND EMBODY THE CHANGE

Start on any day. Complete one short practice, then rate how steady you feel before and after.



RISE TOWARD LOVE

ANGELA ROSE HARRIS

Start date \_\_\_\_\_

16

TEST MEANING

### Choose One Insight

Select one belief or understanding from the experience that you want to explore in daily life.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

17

TEST MEANING

### Make It Observable

Translate the insight into one small behavior another person could notice.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

18

TEST MEANING

### Try the Behavior

Practice the behavior once today. Keep it small enough that you can observe what actually happens.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

19

TEST MEANING

### Notice the Effects

How did the action affect your body, emotions, relationships, or responsibilities? Record the result.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

20

TEST MEANING

### Hold Another Possibility

Write one alternative interpretation of the experience. You do not have to choose between them today.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

21

TEST MEANING

### Keep Revise or Release

Decide whether the insight helps you live more fully. Keep it, revise it, or set it aside.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

22

EMBODY

### Choose a Daily Practice

Select a grounding or spiritual practice that takes ten minutes or less and supports ordinary functioning.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

23

EMBODY

### Honor the Body

Do one thing that treats your body as a valued part of this life rather than an obstacle to transcend.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

24

EMBODY

### Repair or Set a Boundary

Make one proportionate repair, or protect your wellbeing with one clear boundary.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

25

EMBODY

### Make Love Visible

Express care through one concrete action: listen, help, apologize, encourage, protect, or simply be present.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

26

EMBODY

### Serve Without Overreaching

Offer one useful act that fits your energy and responsibilities. Purpose does not require exhaustion.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

27

EMBODY

### Leave a Question Open

Name one question you cannot answer. Practice allowing it to remain unresolved for today.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

28

EMBODY

### Return to the Compass

Rate the five areas again. Notice what changed, what stayed steady, and what still needs support.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

29

REFLECT

### Answer the Three Questions

Write your present answers: Will I still exist? Will I suffer? Does love survive death?

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_

30

CONTINUE

### Choose What Comes Next

Name one practice, one relationship, one boundary, and one source of support you will carry forward.

Before \_\_\_\_ After \_\_\_\_ 0 to 10

[ ] Complete Note \_\_\_\_\_