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MODULE 5

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Integration

This Is Where the Framework Becomes Yours

Bring the three formal phases together. Set aside 15–20 minutes and answer honestly. The goal is not a perfect explanation. The goal is one intentional next move.

IMPACT → TRANSITION → RECONSTRUCTION

IMPACT: What happened? What did it interrupt: identity, certainty, role, voice, or life structure? What changed immediately after the disruption?

TRANSITION: What are you making meaning of now? What are you renegotiating about identity, voice, purpose, or direction? What still feels unresolved in the in-between?

RECONSTRUCTION: What are you intentionally rebuilding now? Where do you want more agency in how you move forward? What is one clear, specific next step you can take in the next 7 days?

You were not broken. You were being built. Whatever meaning you make of what happened, you still have agency in what comes next.

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