

FREE COMPANION DOWNLOAD

Seven-Day Forecast: A One-Week Reset for Your Peace

FROM F.U.C.K.E.M.: SELF-DEFENSE AGAINST TOXIC PEOPLE · DR. NICHELLE CHANDLER

This isn't a journal. Each day brings you one small, powerful action to clear toxic static and restore your energy. Don't wait for peace. Choose it now.

You have collected weapons for each principle along the way. This is the week to put them into action, one small step each day.

> **Safety note.** If you're being monitored, adjust or skip any challenge that could increase your risk and move at the pace your safety allows. (See the safety resources at the end.)

HOW TO USE IT · ONE DAY AT A TIME · READ THE PROMPT IN THE MORNING · DO THE RITUAL · TRY THE CHALLENGE ONLY IF IT IS SAFE · SAY THE MANTRA OUT LOUD

1

DAY 1: CLOUDY WITH A CHANCE OF BULLSH*T

PROMPT. Who consistently drains you emotionally, mentally, or spiritually?

RITUAL. Turn off your phone for one hour and let one person go unanswered. Your nervous system deserves proof that not everything demands your immediate availability.

BOUNDARIES CHALLENGE. The next time the person who drains you tries to guilt-trip you, respond, "I'm unavailable." If that person is someone you fear, skip this one. (See the safety resources at the end.)

Mantra: "I owe no one access to my peace."

2

DAY 2: SCATTERED SHADE LIKELY

PROMPT. Whose approval are you still seeking? Whose voice do you hear when you doubt yourself?

RITUAL. Write a letter you'll never send to the person whose validation you keep seeking.

BOUNDARIES CHALLENGE. Silence your inner critic by repeating, "My value isn't up for debate."

Mantra: "Their opinion isn't my mirror."

3

DAY 3: EMOTIONAL DROUGHT WARNING

PROMPT. Where in your life are you pouring out more than you're receiving?

RITUAL. Say no to one thing today. No explanation. Just say "no."

BOUNDARIES CHALLENGE. Choose someone who's emotionally draining and put them on a forty-eight-hour "pause," if pulling back from this person is safe for you.

Mantra: "I am not here to rescue everyone emotionally."

4

DAY 4: TRIGGER STORM INCOMING

PROMPT. What conversation or situation always triggers you, and why?

RITUAL. Ground yourself by taking five deep breaths and naming five things you see, four you can touch, three you can hear, two you can smell, and one you can taste.

BOUNDARIES CHALLENGE. Exit one group chat or text thread that feels overwhelming.

Mantra: "I'm allowed to protect my peace before I lose it."

5

DAY 5: RELEASE THE HIGH-PRESSURE SYSTEM

PROMPT. What are you holding on to that isn't yours to carry?

RITUAL. Write it down, burn it, rip it up, or bury it—whatever it takes to let go.

BOUNDARIES CHALLENGE. Share one truth you've been holding back (even if it's only for yourself).

Mantra: "I am not available for emotional hand-me-downs."

6

DAY 6: RADICAL CLARITY SKIES

PROMPT. What do you truly want from your relationships? Stop settling and name it.

RITUAL. Create a list of five nonnegotiable relationship standards.

BOUNDARIES CHALLENGE. Mute or archive one thread from someone you know doesn't respect your boundaries. Keep anything you might later need as evidence of threats or harassment. If muting or archiving could be noticed and used against you, skip this one.

Mantra: "If it costs me my clarity, it's too expensive."

DAY 7 · AND AFTER

7

DAY 7: FULL SUN, ZERO TOLERANCE

PROMPT. What does peace feel like to you? When did you last feel it?

RITUAL. Dance, stretch, or walk to music today. Let your body speak.

BOUNDARIES CHALLENGE. Mute, restrict, or block one person who keeps draining your energy, at whatever pace feels safe to you, and only if doing so won't put you at risk.

Mantra: "I was never meant to dim my light just to keep others comfortable."

IF YOU ARE IN DANGER

If there is stalking, coercive control, threats, or escalating violence, or you fear for your safety, skip any step that could increase your risk and reach out for specialized help. In the United States: call **911** in an emergency; the **National Domestic Violence Hotline** at 1-800-799-SAFE (7233); or call or text **988** for the Suicide & Crisis Lifeline. If someone monitors your phone or browsing, use a safer device.

The Forecast is the warm-up. The book is the training.

Each day draws on one of the six protective principles in **F.U.C.K.E.M.: Self-Defense Against Toxic People**. If you want to know what you were practicing this week, and how to keep practicing it, start there. The free Toxic Pattern Check at fckembook.com is the next step.

Peace be with you.
—Dr. Nichelle

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