

The 30-Day Control Reset

How to Reclaim Your Mind, Time, and
Identity After Narcissistic Abuse

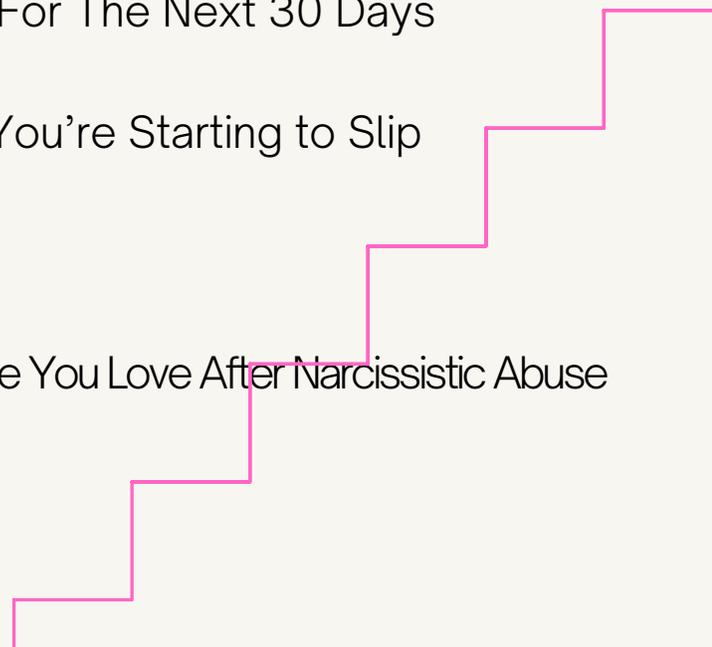


By: Kolyanne
pinchofattitude.com

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About Me

I didn't come to this work through theory or training. I came to it through lived experience.

I grew up with a narcissistic mother who decided early that I was supposed to be ugly, stupid, and destined to fail.

When I didn't live up to that story, the response wasn't just criticism. It was betrayal.

Family members who couldn't build lives of their own resented the fact that I was building mine, and when it came time to choose, most of them chose lies over truth.

From the outside, you'd never know the damage. You can be capable, intelligent, and successful and still feel internally off-balance. You second-guess yourself. You hesitate. You overthink. Not because you're weak, but because you were trained to doubt your own mind.

I refused to accept that as my permanent state.

I rebuilt my life deliberately, not through hype or denial, but by restoring control over my mind, my time, and my decisions.

Today, I live a life I genuinely love, with a peaceful home, a strong marriage, a grounded relationship with my son, and a small, chosen circle that stood by me when it wasn't convenient.

This ebook exists for one reason: to help you regain your footing faster than I did not by fixing you or rushing you, but by giving you a clear, grounded way to restore control and trust yourself again.

You're not broken.

You're recalibrating.



Kolyanne



How to Use This Ebook

Who This Is For

This is for you if you're done spinning. If you're tired of overthinking, second-guessing yourself, and feeling like you should be further along by now.

If you know you're capable, but your mind feels noisy, scattered, or stuck in neutral. This is for women who've lived under narcissistic pressure and are ready to feel steady again, not emotionally "fixed," just solid enough to move forward.

Who Should Not Read This Right Now

This is not for you if you're in the middle of an active crisis. If you're still in daily contact with the abuser, if your safety is at risk, or if everything feels raw and explosive right now, pause.

This isn't about pushing through chaos. It's about regaining control when the dust has started to settle. You'll get more out of this when you have at least a little breathing room.

How It Works

The ebook is broken into four phases over thirty days. Each phase has a clear focus and a different job. You don't rush them. You don't stack them. You don't skip ahead because you're "motivated." Seven days here. Eight days there. Follow the order. The order is what does the work.

If You Fall Behind

You will. And that's fine. Missing days doesn't mean you failed. It means you're human. Don't restart. Don't spiral. Just pick up where you are and keep going. Consistency beats perfection every time.

No pressure.

No drama.

Just forward motion.



“The greatest discovery of my generation is that a human being can alter their life by altering their state of mind. When you change the way you think, you change the way you live.”

— William James

“Your life does not get better by chance, it gets better by change.”

— Jim Rohn

Why You Don't Feel Like Yourself Yet

Let's get this out of the way right now: you're not lost, lazy, broken, or "bad at life."

If you've been through narcissistic abuse, what was damaged wasn't your intelligence or your potential. It was your sense of control—and your state of mind.

When someone constantly criticizes you, undermines you, moves the goalposts, or rewrites reality, your brain adapts to survive. You stop trusting your instincts. You hesitate. You overthink. That was me. Not because you're weak, but because you were trained to doubt yourself.

This is also why most motivation advice feels insulting.

"Just focus."

"Set goals."

"Be confident."

If it were that simple, you'd already be doing it.

Those messages assume you're starting from a neutral mental state. You're not. You're coming from a system where control was taken from you slowly, over time, until your brain learned to stay alert instead of decisive.

And willpower? Willpower is bullshit in this context.

Willpower works when your nervous system feels safe. After coercive control, it doesn't. You can want change with your whole heart and still feel stuck, distracted, or resistant to the very things you know would help. That's not a character flaw. That's a compromised state of mind.

Here's the part most people miss: you don't rebuild your life by jumping straight to structure. You rebuild it by first getting into the right mental state. Without that foundation, every plan collapses. Every system gets sabotaged. Every "new start" quietly dies.

Once your state is right, the structure actually works. It gives your brain something solid to stand on again. It reduces noise. It creates proof. Confidence grows quietly, without affirmations, without hype. One small decision was kept. One boundary held. One day, you do what you said you would do.

That's how you start to feel like yourself again.
Not all at once. Not dramatically.

But steadily. And for real.

PHASE I: Neutralize External Control (Days 1–7)



Objective

The goal here is to get your mind out of survival mode. To stop the constant mental noise that's keeping you reactive, distracted, and stuck. Before you build a structure, you need your brain to calm down. This week is about regaining enough control to think clearly again.

Why This Phase Matters

After narcissistic abuse, your brain stays on high alert. It's scanning, anticipating, bracing. That state drains energy and wrecks focus. You can't think straight from there. You don't need more insight right now; you need space. When you reduce external pressure and dump the mental clutter onto paper, your nervous system finally gets the message that it can stand down.

What Most People Get Wrong Here

They try to push forward instead of slowing down. They add habits instead of removing noise.

They avoid writing things down because they're afraid of what might come out.

Here's what I know: Keeping everything in your head is what's keeping you stuck. Writing it down isn't a weakness. It's containment.

PHASE I: Neutralize External Control (Days 1–7)



Your Non-Negotiables For The Next 7 Days

- Reduce exposure to people, content, and conversations that drain you
- Stop explaining yourself to anyone who hasn't earned access
- Protect your mornings and evenings from chaos
- Journal once a day to unload your thoughts—no editing, no fixing
- This is not journaling to feel better. It's journaling to get clear.

How to Journal

Set a timer for 5–10 minutes. Write everything that's looping in your head. Complaints. Anger, ect. Then stop. Close the notebook. The next day, re-read what you wrote and do one thing only: circle the patterns and ask yourself, what keeps showing up? What am I reacting to, not choosing? What feels out of my control right now? Once you can see the pattern, your brain starts to calm down. Control begins there.



“If you want to change
your life, you must first
change your state.”

— Tony Robbins

“The mind is everything.
What you think, you
become.”

— Buddha

Phase II: Reclaim Decision Authority (Days 8–15)



Objective

This phase is about learning to trust your judgment again; it's very important. Not your emotions. Not other people's reactions. Your judgment. Narcissistic abuse trains you to outsource decisions to wait for approval, avoid conflict, or second-guess every move. This phase reverses that. Quietly. On purpose.

Why This Phase Matters

When someone constantly questions your reality, you stop making clean decisions. You hesitate. You poll the room. You over-explain. Over time, your brain forgets that you are allowed to make decisions and move forward. Until decision authority comes back, nothing sticks. You can't build a life if every choice feels dangerous.

What Most People Get Wrong Here

They look for the "right" choice. They want guarantees. They wait until they feel confident before making a decision.

That's backwards. Confidence doesn't come before decisions. It comes from making them and seeing yourself follow through.

Phase II: Reclaim Decision Authority (Days 8–15)



The Decision Filter (Use This Everywhere)

For the next eight days, every decision goes through one filter:

Does this strengthen my control or weaken it?

That's it. Not "Is this nice?" Not "Will they be upset?" Not "What would they think?"

If it strengthens your control, you do it. If it weakens your control, you don't.

This filter cuts through noise fast. Use it for conversations, commitments, time, money, and energy. You're not deciding what's perfect. You're deciding what's aligned.

The Non-Negotiables For The Next 8 Days

- Make decisions without over-explaining
- Stop asking for reassurance you don't actually need
- Follow through on small choices immediately
- Let discomfort exist without renegotiating your decision

This is how self-trust is rebuilt, through action, not thinking.

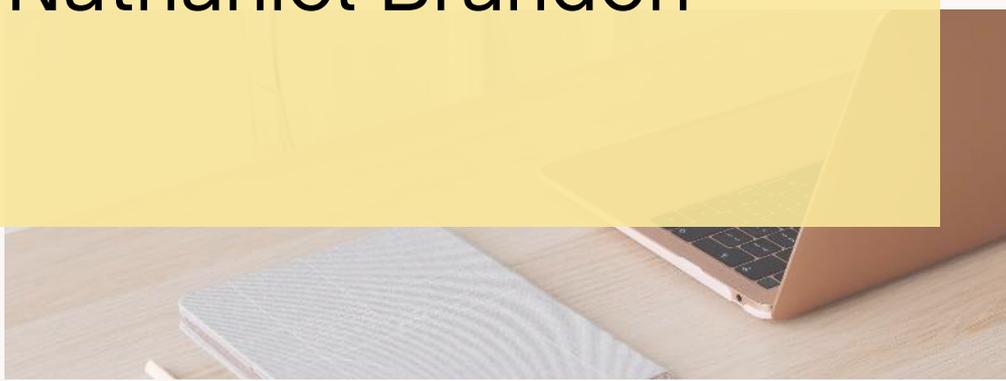


“When we are no longer able to change a situation, we are challenged to change ourselves.”

— Viktor Frankl

“The first step toward change is awareness. The second step is acceptance.”

— Nathaniel Branden



PHASE III: Build Systems That Can't Be Manipulated (Days 16–23)



Objective

This phase is about making progress inevitable. Not exciting. Not dramatic. Inevitable. You're done relying on motivation. You're building systems that work even on days when you feel tired, annoyed, or emotionally flat.

Why Systems Beat Motivation

Motivation is unreliable, especially after narcissistic abuse. Your energy has been drained, your focus hijacked, and your confidence questioned. Systems don't care how you feel. They run anyway. And that's the point.

Why Routines Are Protective

Routines aren't restrictive. They're protective. They reduce decision fatigue. They remove chaos. They create predictability, which tells your nervous system it's safe. Safety is what allows consistency to exist.

What Most People Get Wrong Here

They overcomplicate. They aim too high. They quit when it's not exciting.

You're not building a new personality. You're building a few solid anchors that support your life, no matter what's happening around you.

PHASE III: Build Systems That Can't Be Manipulated (Days 16–23)



The Non-Negotiables For The Next 8 Days

- A consistent wake-up or wind-down routine
- One daily action that moves your life forward
- One boundary that protects your time
- One weekly reset you don't negotiate

Nothing fancy. Nothing Instagram-worthy. Just repeatable.

How Confidence Actually Rebuilds

Confidence doesn't come from hype. It comes from watching yourself do what you said you would do, again and again. Quietly. No one is clapping. No one is validating. Just you keeping your word to yourself.

That's self-respect in action.



“Until you make the
unconscious conscious, it
will direct your life and
you will call it fate.”

— Carl Jung

“Self-trust is the first
secret of success.”
— Ralph Waldo Emerson

PHASE IV: Strategic Re-Entry (Days 24–30)



Objective

This phase is about how you move back into the world without giving your power away again. You're not announcing a new version of yourself. You're not explaining what you've learned. You're simply re-entering from a steadier place. Calm. Clear. Unavailable for nonsense.

Why This Phase Matters

After narcissistic abuse, many people swing between two extremes: disappearing completely or over-explaining everything. Neither is power. Strategic re-entry is different. It's choosing when to speak, when to act, and when to say nothing at all. Control isn't loud. It's selective.

What Most People Get Wrong Here

They feel the urge to prove they've changed. They want validation. They want closure conversations.

Here's what I know: You don't need to explain your growth to anyone who benefited from you being smaller. Closure isn't something you get from other people, especially when they're toxic and hate themselves. It's something you stop asking for.

PHASE IV: Strategic Re-Entry (Days 24–30)



The Non-Negotiables For The Next 7 Days

- Stop explaining decisions that don't require permission
- Let actions speak before words
- Say less and observe more
- Protect your energy like it's a resource—because it is

You don't owe updates. You don't owe access. You don't owe context.

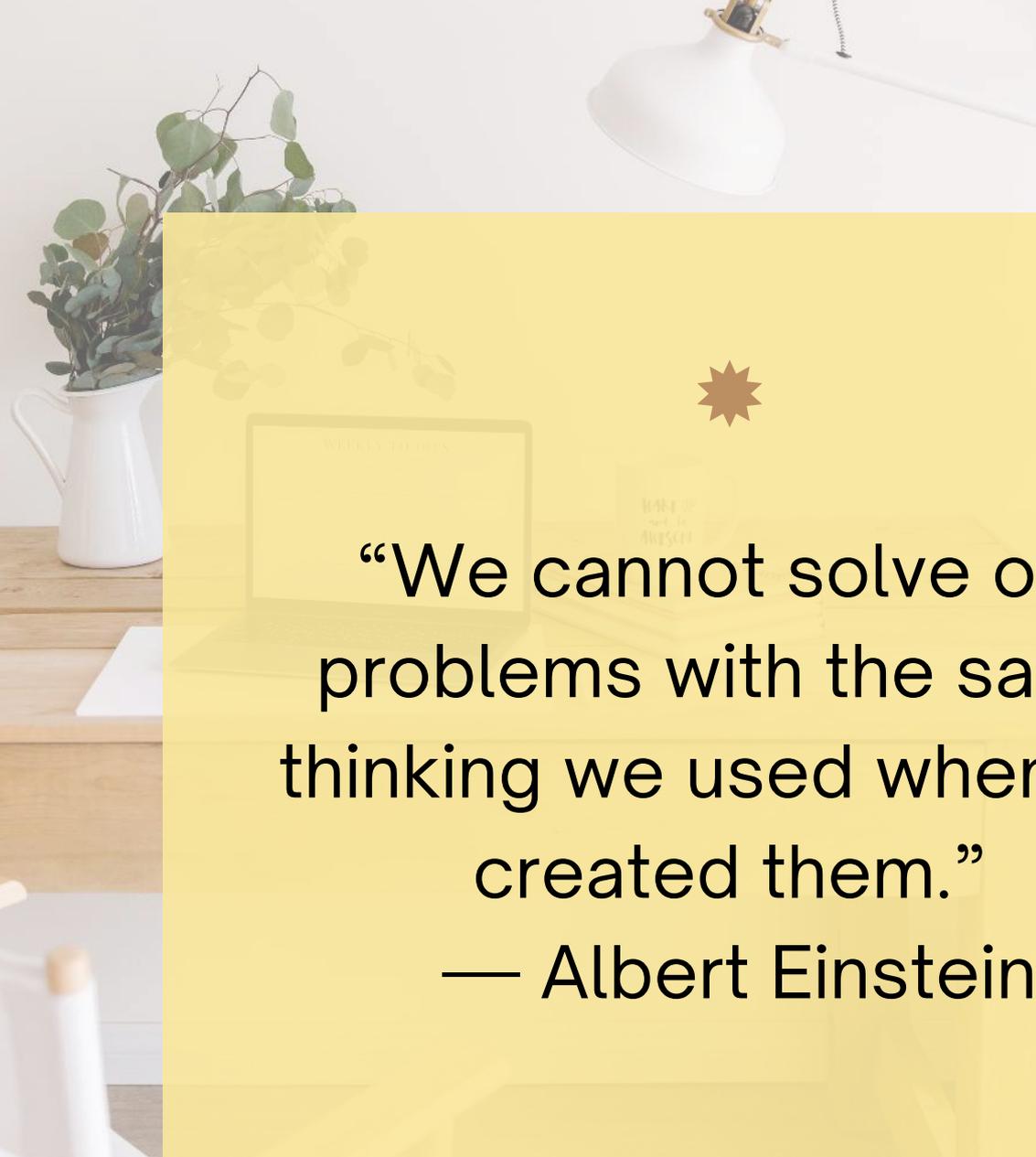
Why Silence and Competence Are Magnetic

When you stop reacting, people feel it. When you stop defending yourself, the room changes. Calm competence is unsettling to anyone who relied on your self-doubt. You don't need to announce boundaries when your behavior already enforces them.

What Re-Entry Actually Looks Like

- You show up on time.
- You follow through.
- You leave earlier.
- You don't chase conversations.
- You don't rush decisions.

Nothing dramatic. Nothing performative. Just consistency.



“We cannot solve our problems with the same thinking we used when we created them.”

— Albert Einstein

“Freedom is the power to choose our own chains.”

— Jean-Jacques Rousseau



Your Execution Workbook For The Next 30 Days

GRAB A PEN. DON'T OVERTHINK IT. WRITE THE FIRST HONEST ANSWER
THAT COMES TO MIND.

YOUR 30-DAY CONTROL COMMITMENT

FOR THE NEXT 30 DAYS, I AM COMMITTING TO REGAINING CONTROL OF:

- My time
- My decisions
- My energy
- My mental space

**THE ONE AREA THAT MATTERS MOST RIGHT NOW IS (THERE'S NO
"RIGHT" ANSWER. PICK THE ONE THAT FEELS TIGHT IN YOUR CHEST.)**

Your Answer:

Your Execution Workbook For The Next 30 Days

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THAT COMES TO MIND.

DAILY NON-NEGOTIABLES (CHECK AS YOU GO)

EACH DAY, CHECK WHAT YOU ACTUALLY DID. NOT WHAT YOU MEANT TO DO.

Daily Control Check:

- I protected at least one quiet block of time
- I made one decision without asking for reassurance
- I followed through on one thing I said I would do
- I wrote for 5–10 minutes to unload mental noise

WHAT STRENGTHENED MY CONTROL TODAY?

Your Answer:

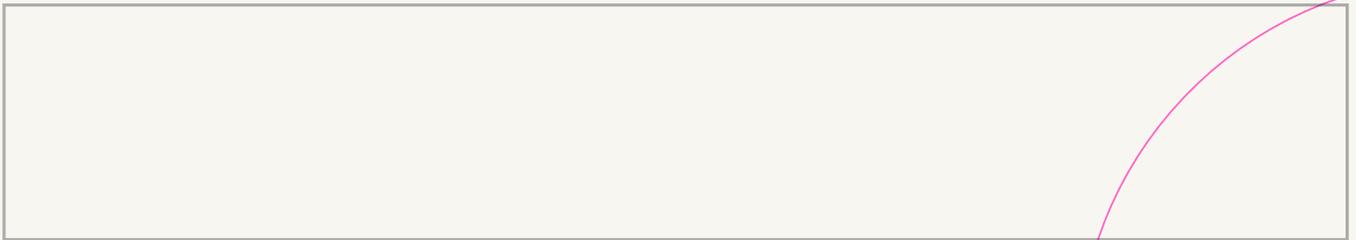
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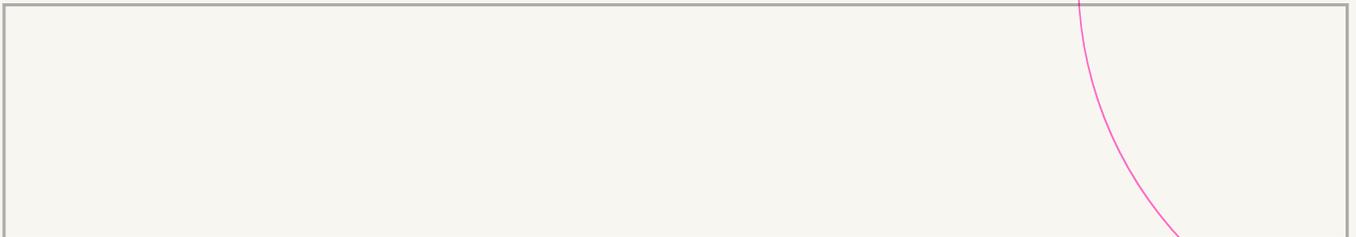
DECISION AUTHORITY IN ACTION

WHEN YOU FEEL STUCK, FROZEN, OR UNSURE, ANSWER THIS IN WRITING.

THE DECISION I'M AVOIDING RIGHT NOW IS:



THE DECISION I'M AVOIDING RIGHT NOW IS:



Now apply the filter:

- This decision strengthens my control
- This decision weakens my control

Based on that, my decision is:

Then stop. No second-guessing. This is how authority is rebuilt.

Your Execution Workbook For The Next 30 Days

GRAB A PEN. DON'T OVERTHINK IT. WRITE THE FIRST HONEST ANSWER
THAT COMES TO MIND.

WEEKLY RESET (DO THIS ONCE A WEEK)

THIS WEEK, WHAT DRAINED MY ENERGY THE MOST?

ONE THING I AM REMOVING, REDUCING, OR LIMITING NEXT WEEK:

ONE THING THAT MADE ME FEEL STEADY OR CLEAR:

ONE BOUNDARY I HELD (OR SHOULD HAVE):

AWARENESS HERE = MOMENTUM. DON'T SKIP THIS PAGE.

Your Execution Workbook For The Next 30 Days

GRAB A PEN. DON'T OVERTHINK IT. WRITE THE FIRST HONEST ANSWER
THAT COMES TO MIND.

WHEN YOU START TO OVERTHINK (THIS WILL HAPPEN)

EACH DAY, CHECK WHAT YOU ACTUALLY DID. NOT WHAT YOU MEANT TO DO.

Circle the one that's true right now:

- I'm trying to do too much
- I'm waiting to feel confident
- I'm looking for reassurance
- I'm afraid of making the wrong move

THE ONE SMALL ACTION I CAN TAKE ANYWAY IS:

Your Answer:

DO THAT. THEN CLOSE THE BOOK.

Your Execution Workbook For The Next 30 Days

GRAB A PEN. DON'T OVERTHINK IT. WRITE THE FIRST HONEST ANSWER
THAT COMES TO MIND.

YOUR CONTROL SCORE (END OF 30 DAYS)

THIS IS NOT ABOUT PERFECTION. IT'S ABOUT PROOF.

Compared to Day 1, my level of control feels:

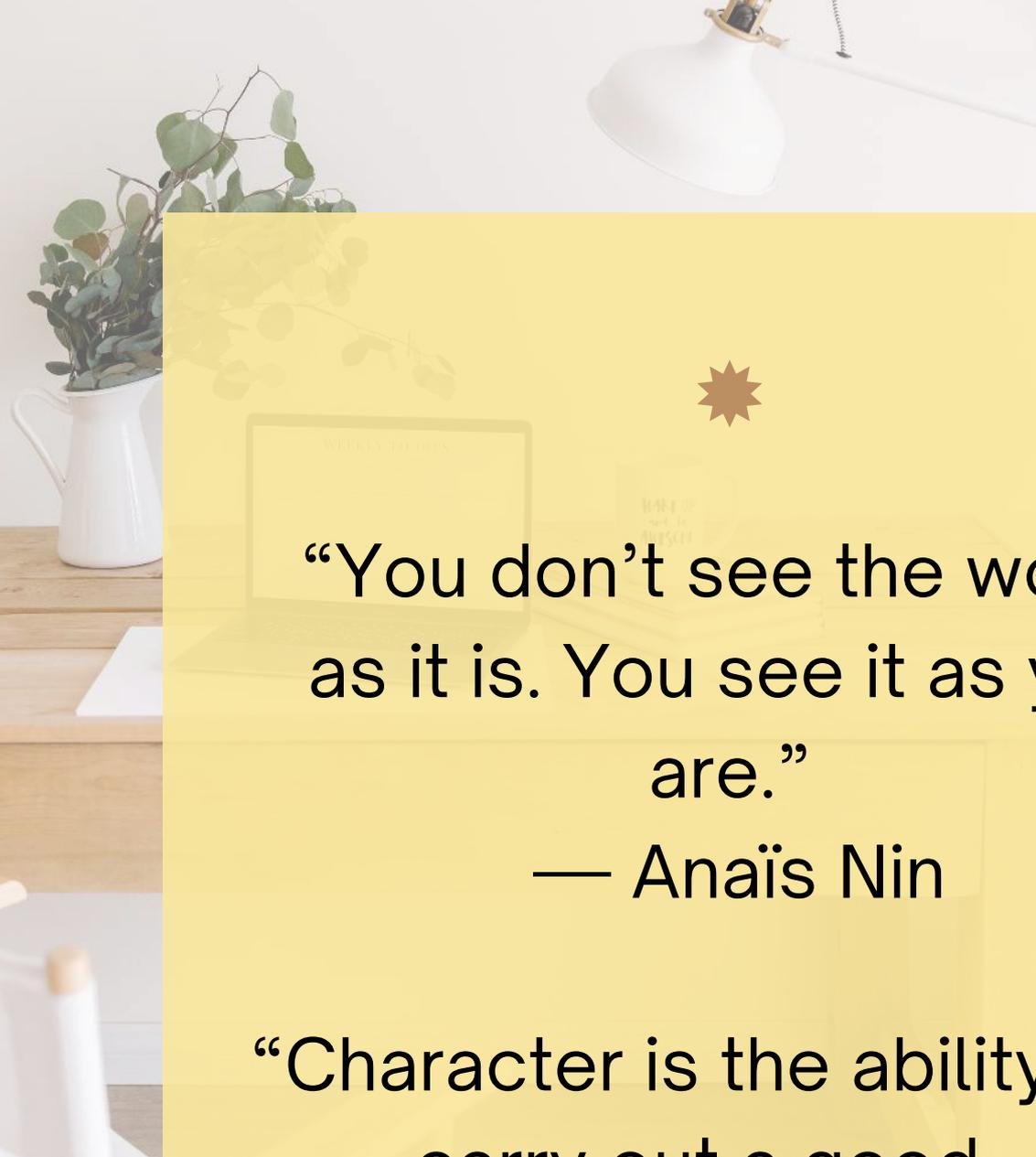
- Much stronger
- Stronger
- Slightly stronger
- The same
- Different, but clearer

The biggest change I notice in myself is:

The thing I no longer tolerate is:

That answer matters more than anything else in this workbook.

Your Answer:



“You don’t see the world
as it is. You see it as you
are.”

— Anaïs Nin

“Character is the ability to
carry out a good
resolution long after the
emotion of the moment
has passed.”

— Abraham Lincoln



Read This If You Feel Like You're Starting to Slip

At some point, you will miss a day.

You'll hesitate. You'll feel the urge to quit, restart, or tell yourself you're "back at square one."

You're not.

Slipping does not mean failing. It means you noticed. And noticing is the skill you're actually building here.

People don't lose momentum because they slip, they lose momentum because they turn a slip into a story about who they are.

Progress after narcissistic abuse is not linear. It never was. You'll have days where things feel clear and calm, and days where your brain feels loud again for no obvious reason.

That doesn't mean the work isn't working. It means your nervous system is still learning what stability feels like.

Here's what matters more than perfect execution: awareness.

- Awareness is catching yourself before the spiral.
- Awareness is pausing instead of pushing.
- Awareness is choosing not to punish yourself for being human.

Perfection is fragile. It breaks the moment something goes wrong. Awareness is durable. It stays with you even when things wobble. If you slip, don't restart the entire reset. Don't overcorrect. Don't turn discipline into self-attack.

Come back to the plan. Do the next small thing. That's how control is rebuilt, not through intensity, but through return.

This isn't about proving anything. It's about staying in the work long enough for it to change you. And you are still in it.

You're Not Behind. You're Early.

I want to say this to you plainly, survivor to survivor.

I know what it feels like to look around and think, Why did it take me so long to get here? I've asked myself that question more times than I can count.

And what I eventually understood is this: I wasn't behind, I was surviving in a system that made clarity expensive.

You didn't waste time. You endured pressure. You learned. You adapted. And now you're doing something most people never do, you're rebuilding on purpose.

The life I have today didn't come from rushing or proving or fixing myself harder.

It came from slowing down enough to get steady, trusting my own judgment again, and making quiet decisions that added up over time.

That's what you're doing now. Even if it doesn't feel dramatic. Even if no one is clapping.

- Keep choosing calm over chaos.
- Keep choosing control over noise.
- Keep choosing yourself without explaining it to anyone who doesn't deserve the explanation.

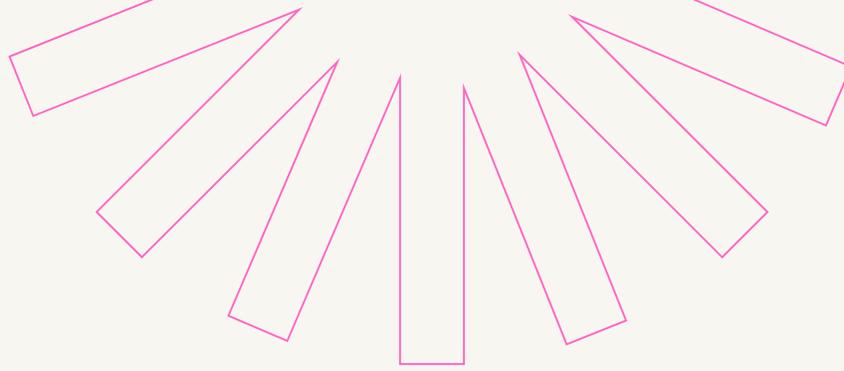
You don't need to hurry. You're exactly where you need to be to build something real.

And if you're wondering whether to stay, I say stay.

You're not late to your life. You're early to the part where it finally belongs to you.

I believe you'll win!

With love,
Kolyanne



WANT TO GO DEEPER?

The Next Chapter: Creating a Life You Love After Narcissistic Abuse

This reset ebook helped you steady your mind and regain control.

But stabilization isn't the end.

The Next Chapter is where you go deeper, releasing fear and guilt, breaking trauma bonds, rebuilding self-worth, and consciously creating a life that feels good to live in.

No motivation.

No fixing.

Just real, grounded transformation.

If this reset helped you breathe again,

The Next Chapter is where transformation happens.

JOIN THE NEXT CHAPTER

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