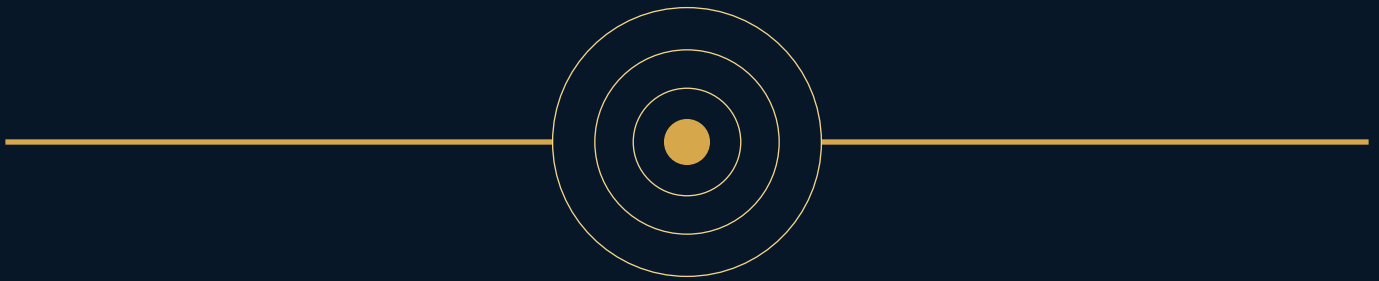


ATTENDEE RESOURCE

# THE PERSONAL CROSSING MAP

A guided workbook for locating the real gap, supporting the threshold and designing a change you can carry.



HOSTED BY SUFFER TO TOUGHER

## MAPPING INSTRUCTIONS

# Map one transformation, not your entire life.

The Personal Crossing Map is designed to turn a broad feeling of being stuck into a specific, supported next movement. Choose one change that matters now.

**Use this slowly**

Curiosity produces better information than self-judgment. Write what is true, not what sounds disciplined or inspirational.

## My chosen transformation

What do I know needs to change, begin, stop or become more consistent?

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## Why this matters now

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## FIVE DEPTHS

# 1. SYMPTOM

What is showing?

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What can I observe without labeling myself?

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What consequence is making this difficult to ignore?

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What story have I been telling myself about this symptom?

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## FIVE DEPTHS

## 2. PATTERN

What keeps repeating?

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What usually happens immediately before it?

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What response follows?

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What temporary relief or reward keeps the cycle alive?

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Where is the earliest point I could interrupt it?

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## FIVE DEPTHS

# 3. SOURCE

What is feeding it?

What belief, fear, pressure, environment or protective response may sustain this?

What does this pattern help me avoid, preserve or control?

What would become uncomfortable if the pattern changed?

## FIVE DEPTHS

## 4. CROSSING

What must change - internally, relationally, environmentally or behaviorally?

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What threshold have I been avoiding or repeatedly forcing?

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What must I release, request, tolerate, decide or practice?

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What is the smallest action that would represent a real crossing?

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### My crossing statement

"I am crossing from \_\_\_\_\_ to  
\_\_\_\_\_, beginning with \_\_\_\_\_."

## FIVE DEPTHS

# 5. STANDARD

What must become normal for this change to remain?

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**What behavior will I practice even when motivation is low?**

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**What will “returning after disruption” look like?**

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**What support or environment will reinforce the new standard?**

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**What will I no longer negotiate with myself about?**

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## THRESHOLD SCAN

# What is blocking this crossing?

Rate each condition from 1 to 5. A lower score suggests a condition that needs support before more pressure is added.

| CONDITION                                        | 1 | 2 | 3 | 4 | 5 | MY EVIDENCE |
|--------------------------------------------------|---|---|---|---|---|-------------|
| Load: I have room to carry this.                 | ■ | ■ | ■ | ■ | ■ |             |
| Awareness: I can recognize the pattern early.    | ■ | ■ | ■ | ■ | ■ |             |
| Capacity: I can sustain the next action.         | ■ | ■ | ■ | ■ | ■ |             |
| Identity: I permit myself to become this person. | ■ | ■ | ■ | ■ | ■ |             |
| Alignment: This change fits my values and life.  | ■ | ■ | ■ | ■ | ■ |             |

**The condition that needs support first:**

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**The adjustment I can make:**

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## CROSSING DESIGN

# Make the next step carryable.

A good crossing plan does not depend on your most motivated day.

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**The action I will take:**

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**When and where it will happen:**

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**The support or accountability I will use:**

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**What I will reduce, remove or postpone:**

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**What I will do when I miss or struggle:**

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**The evidence that will tell me I am building a new standard:**

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## COMMITMENT

# The Threshold Pause

Read this aloud before you begin.

**I am not broken. I am not behind. I am standing at a threshold. I do not need to repair everything at once. I need to understand the crossing in front of me, support the condition that is blocking it, and take the next action I am capable of carrying.**

**My crossing begins on:**

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**My signature:**

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**The person I will tell:**

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**Seven-day  
standard**

For the next seven days, success is not perfection. Success is practicing the standard and returning quickly after disruption.

**NOTICE. TRACE. LOCATE. SUPPORT. ESTABLISH.**

**One honest crossing can change the direction of an entire story.**