

ONE VOICE EVOLVING

The Toolkit

Permission. Protection. Practice. Power.

Don't talk.

Don't trust.

Don't feel.

by Kim Brasseur

Can I tell you something true?

Somewhere way back, before we even knew what was happening, we learned three rules. Nobody wrote them down. Nobody sat us down and explained them. We just picked them up. The way you pick up a cold, just from being in the room.

Don't talk.

Don't trust.

Don't feel.

That's it. That was the whole training. And most of us got so good at it, we didn't even need anybody else in the room anymore. We started running the rules on ourselves.

We stopped talking before anyone could tell us to be quiet. We stopped trusting before anyone could let us down. We stopped feeling before anyone could tell us we were too much.

Then one day we looked up. And we didn't know who we were, under all that managing.

Here's the part I need you to hear. That is not a personal failing. That is not a you problem. That is exactly what those rules were built to do.

So let's break them. One at a time. That's what this toolkit is for.

Uncover

See the rules for what they are

Before you can break a rule, you have to know it's there. A lot of us went years thinking this was just how life worked. Thinking we were the problem.

We weren't.

You learned don't talk in the silence after you said the wrong thing. You learned don't trust every time somebody told you your feelings were too much. You learned don't feel by watching what happened to the women who felt things out loud.

None of that was your fault. All of it was designed.

That's the whole job of this first step. Just see it. Just name it. You don't have to fix a thing yet. You just have to stop pretending you don't notice.

Recover

Break the rules, one at a time

Permission

BREAKS DON'T TALK

Here's the thing about talking. You don't need a ten step program. You don't need a workbook you fill out alone at your kitchen table at midnight. You just need to say the true thing.

Here's what happened. Here's how it felt. Here's how it's living in my life right now. And here's what I need.

That's it. That's the whole practice. Just the truth, out loud.

Maybe you've spent more of your life managing other people's comfort than telling your own truth. Maybe you're tired in a way sleep doesn't fix, because it isn't your body that's worn out, it's your soul. Maybe you've tried to explain what's wrong and the words never come out right, because nobody ever gave you the words.

If that's you, here's your permission slip. You don't need one. But I'm handing it to you anyway. You are done. Not dramatic done. Just done. Done performing. Done shrinking. Done waiting for somebody else to say you're allowed to take up space in your own life.

Power

BREAKS DON'T TRUST

I never had a path that matched my ambition. What I got instead was a big paycheck and a set of golden handcuffs, and a promise that if I waited long enough, I'd finally get to rest.

Then something shook me awake. I started asking the questions I'd been too busy surviving to ask. Is this the house I want? Is this the relationship that's right for me? Am I around people who celebrate me, not just put up with me?

I didn't move fast. I moved on purpose. I looked at my whole life, the house, the car, the bills, and I asked myself the real question. Stay, or go?

Every woman I talked to who left early said the same thing. Not one of them wanted to go back. They learned to live on less while they still had the energy to enjoy it. But I know plenty of people who waited, and by the time they got there, their health was gone, and so was the life they kept promising themselves.

Here's what I learned. The system will always force your hand eventually. Your power lives in making the choice first.

That's what don't trust costs you. It costs you the first move. Take it back.

Practice

BREAKS DON'T FEEL

You don't need a meditation cushion. You don't need a chant. You don't need a 5am alarm.

You need about 37 minutes. That's how long it takes before the clarity shows up. Not because you forced it. Because you finally stopped fighting it.

Chasing the perfect practice is just another rule wearing a disguise. Another way to keep yourself small and busy failing at something. If you can watch six hours of Netflix without a second thought, you already have everything you need to go inward. You don't need to do it right. You just need to sit still long enough to feel the whole feeling instead of stuffing it down.

That's the practice. Not performing calm. Actually feeling.

Protection

Here's the truth about protection. A lot of us traded our voice for it and called it safety. Stay quiet, stay agreeable, and in exchange you get a softer landing. That's not protection. That's a cushion. And it's not free. Somebody always pays for it.

Real protection is different. Real protection is a room you build on purpose. Small. Slow. Screened. A room where you don't have to wonder who's going to repeat what you said. You don't have to save everybody. You just have to leave the light on. And build a room where the door locks from the inside, and the keys stay in your hands.

That's the room that makes it safe to talk, trust, and feel again. Without it, breaking the other three rules is just exposure. With it, it's healing.

Discover

Build the life the rules never let you have

Here's what's waiting on the other side. Not fixed. Not graduated. Just finally yours.

You get to ask what you actually want, instead of what keeps everybody else comfortable. You get to trust your own read before the world forces your hand. You get to feel the whole feeling and let it move through you, instead of storing it in your body.

And you get to hand something different to the women coming up behind you. The rules didn't start with you. But they can stop with you.

You can't buy that. But you can build it. One choice at a time.

Choose you. That part's priceless.

Permission. Protection. Practice. Power.

If you want to do this work in a room instead of alone at your kitchen table, that room is open.

Come find your seat.

ONE VOICE EVOLVING · THE COVE