

A FREE COMPANION TO YOUR
FIRST RELEASE

Clear Your Day

A starter guide to releasing
everyday emotional reactions

*Phone-optimized edition: large print for
small screens*

What this guide is (and what it isn't)

This is an introductory guide. It is not the full method, and it isn't even the full technique. It's one simple practice you can start using tonight to get real results in your own life: clearing the

emotional reactions that pile up during an ordinary day.

Think of it as the doorway. The deeper work, the kind that changes behaviors, habits, and long-standing patterns at their root, is a bigger thing, and I'll tell you about that at the end. But this practice alone can make your days noticeably lighter, and it's the perfect place to start.

Be proactive, not reactive

Set a time to do this. Sit down intentionally, at the end of the day or the next morning, and review the day

like a movie. That's the whole practice.

What I don't recommend at this stage: trying to whip this out in the middle of a triggered moment. As a beginner, that's the hardest time to apply it.

When a feeling hits you in real time, everything in you wants to push it away and get rid of it, and that internal stance actually makes releasing harder. You also feel less in control, because the feeling got thrust upon you instead of you choosing to work with it.

It gets easier. Handling things in the moment becomes more natural with

practice, as you learn more. But as a beginner, you'll get the best results by being proactive rather than reactive.

The practice: replay your day like a movie

You already know the core of this. In the guided session, we took a single memory and worked with the feeling attached to it. Now you'll do the same thing with your whole day.

Play the day back like a movie, start to finish. As you watch, notice the moments where you got emotionally triggered. That simply means you had an emotional reaction to something. It

doesn't matter whether the reaction seems justified. If it felt uncomfortable, it counts. If the reaction was a positive one, leave it alone. There's nothing to release there.

When you find one, pause the movie. Use the same technique from the guided session on that moment, and keep going until the charge is gone. Go for a true zero out of ten. Not a one or a two, where it's mostly fine but still there a little. Zero: blank, disconnected, or simply okay with it. To check, replay the moment and ask if there's any charge left at all. If there is, keep going.

Then press play and keep watching. Work through a few moments until the day feels clear. Most evenings, clearing two or three moments takes about fifteen minutes.

Work with memories, even fresh ones

Here's the key: do this work with memories. Even if the trigger happened five minutes ago, treat it as a memory.

When you sit down later and deliberately call the moment back up, you're starting from an okay place and choosing to bring the feeling back

yourself. That puts you in control, and for beginners that makes a huge difference. You called it forth. It didn't ambush you.

A QUICK EXAMPLE

Say you're replaying your morning and you get to 7:15. You're pouring coffee, and you notice the dread that showed up when you thought about the staff meeting. Your chest tightened a little. That's your moment. Pause the movie, bring that dread back up on purpose, and run the technique on it the way you learned in the session. Maybe it

starts at a 6. You stay with it until it's a 0: blank, or just okay. Then you press play and keep watching the day.

What to look for

Crawl through the day slowly, like you're scanning a movie frame by frame. Don't just watch the big scenes. Watch the tiny moments too. Often it's the tiniest thing that carries the charge: one offhand comment from someone, the second you look at the day ahead and realize how much there is to do, the pressure of rushing out the door to get somewhere on

time. Be perceptive for even small emotions arising. The small ones count just as much.

- ✓ A little dread right after waking up, thinking about the day ahead
- ✓ The moment you checked your calendar and felt your stomach drop at how much you have to do
- ✓ Low-grade anxiety on the drive, running through what might go wrong
- ✓ The tight feeling of rushing to get somewhere on time

- ✓ One offhand comment from someone that landed wrong, even if you laughed it off
- ✓ Being interrupted or talked over, and the irritation that followed
- ✓ Trepidation walking into a meeting
- ✓ Irritation at an email or message that rubbed you the wrong way
- ✓ Impatience in traffic, in line, or with slow service
- ✓ The sigh when your phone rang while you were deep in something

- ✓ Tension during a hard conversation, and replaying it afterward
- ✓ The defensiveness when someone questioned what you were doing
- ✓ The flush of saying something you wish you hadn't said
- ✓ The letdown when plans got cancelled or rescheduled
- ✓ The quiet disappointment when someone forgot something they promised
- ✓ Apathy or boredom staring at your screen mid-afternoon

- ✓ The second-guessing loop after a decision you'd already made
- ✓ The guilt pang of being on your phone while someone was talking to you
- ✓ Guilt about something you did or didn't do
- ✓ Overwhelm pulling into the driveway at the end of the day
- ✓ The tired resentment of cleaning up after everyone when the day is already over
- ✓ Restlessness in the evening that you can't quite place
- ✓ That Sunday-night heaviness about the week ahead

Once you start looking, most people are surprised how many of these they find in a single day.

You don't need to clear all of them. Start with the two or three that stand out most. And if you run through the day and nothing stands out, that's fine. Either it was a genuinely smooth day, or your eye for this is still developing. It sharpens fast.

Do it day after day

One cleared day feels good. The real shift comes from repetition. Do this most evenings and you start smoothing out the day itself. The

same situations keep happening, but you stop carrying them the same way. Mornings get lighter. The drive gets quieter. You move through the day with more ease and flow, and less of the background static you've gotten used to.

You're not forcing yourself to feel differently. You're removing the charge underneath the reactions, one at a time, until there's simply less there to react with.

When a feeling is too big for this

Sometimes you'll call up a moment and the feeling is too intense to get anywhere near peace. That's normal. Some knots run deeper than a daily clearing can reach. If one won't move after a few rounds, leave it and move on to the next moment.

There's also something I call first-aid releasing: when you're overwhelmed in real time and just need the panic or the intensity to come down. That's a different application with a different goal, and this guide doesn't cover it.

You'll learn more ways to work with those moments as you continue.

An honest note about what this isn't

I want to be straight with you: this practice is the shallow end. It clears the daily buildup, the surface static of ordinary life. It is not the deep emotional work that rewires the behaviors, habits, and patterns that have been running for years. That work goes further, and it changes things at a level this daily clearing doesn't reach.

But don't mistake shallow for useless. The relief is real, and every reaction you clear builds the skill you'll use for the deeper stuff. This is where it starts.

Where this leads

Here's what tends to happen if you stick with this. Not for a day, but for weeks.

At first it's simple: the day feels lighter. You sleep easier. The small stuff stops sticking to you the way it used to. That's the surface clearing, and it's real.

Keep going and it compounds. You're not just clearing each day's reactions anymore. You're draining what's underneath them. The same situations keep happening, but there's less inside you for them to hook into. Fewer triggers. Faster recoveries. Moments that used to run you start passing through without taking over. And that's still the shallow end. Underneath the daily static, most people carry older, heavier material: patterns that have shaped their reactions for years, behaviors they understand completely and still can't change. That's the deeper work, and it's where the profound shifts happen.

It goes further than better days. It changes the way you move through life.

I won't promise you a specific outcome. But I'll tell you what I've watched happen in people who follow through: they get steadier. Clearer. Harder to knock over. More like themselves than they've been in a long time.

This guide is the doorway. What's on the other side is up to you.

Where to go from here

Curious what just happened and why it works?

goldenmindmethod.com/what-is-emotional-releasing/

Want help with the bigger patterns, the ones that don't budge with daily clearing? That's what I do in private sessions.

goldenmindmethod.com/emotional-coaching/

If anything comes up as you practice, reply to the email this guide came with. I read every reply myself.

— Sean

Golden Mind Method