

Interference Archaeology

This is an observation exercise. It asks what you notice, not what you solve.

“I can’t...”

“I can’t...”

“I don’t deserve...”

Who said this first?

Did I choose it or inherit it?

When was it installed?

Could it be older than the person who gave it to me?

One sentence about what I noticed

Safety

This exercise is not therapy. If it opens something that feels dangerous to hold alone, stop and reach out to a therapist or a crisis line. In the US, call or text 988.