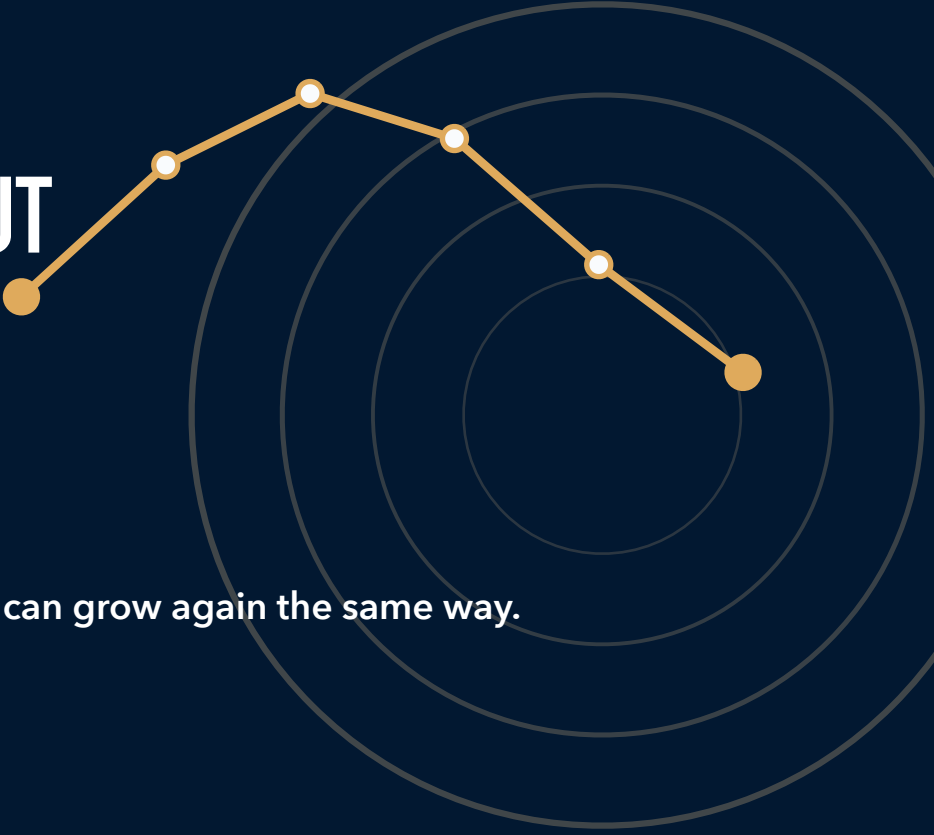


THE WAY BACK OUT



A Gentle Re-Entry Plan After Isolation

Your world got smaller quietly. It can grow again the same way.

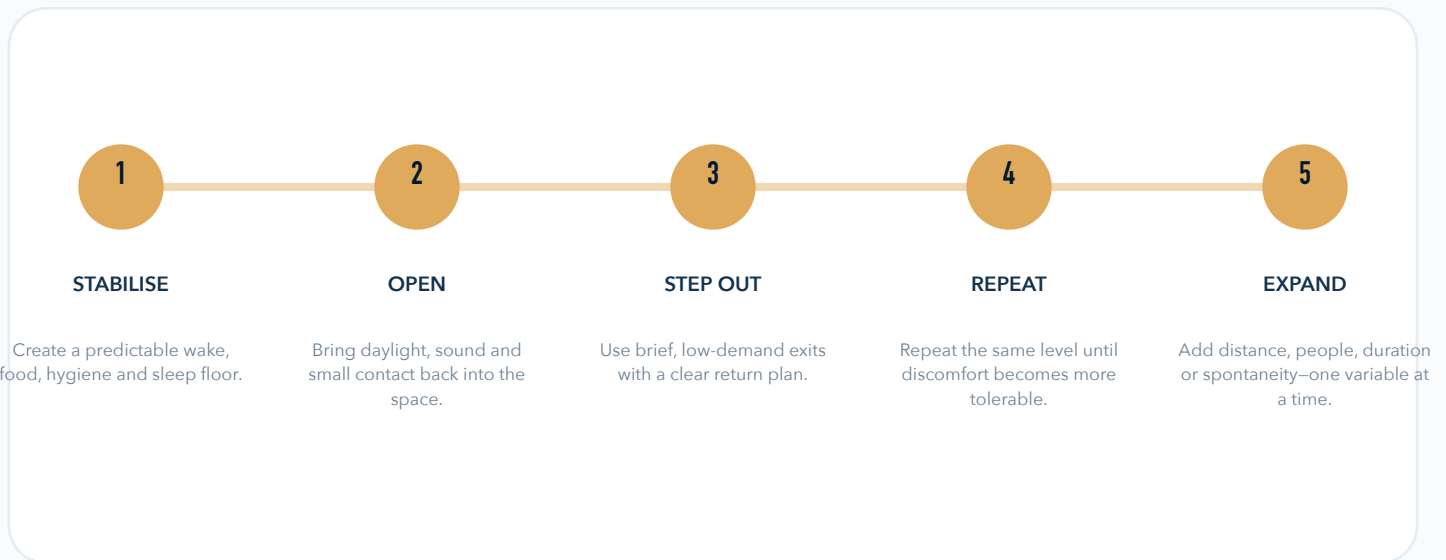
THE CORE PROMISE

A useful first framework and one action you can use today - intentionally shorter than the complete Extended workbook.

01 / UNDERSTAND THE PATTERN

RE-ENTRY IS A SKILL, NOT A PERSONALITY TEST

After long isolation, ordinary places can feel loud, exposed or exhausting. The answer is not to force a dramatic return. It is to rebuild tolerance, rhythm and trust through small, repeated steps.



WHAT THIS CORE EDITION HELPS YOU DO

**CORE OUTCOME 01**

Understand the difference between restoration and avoidance.

**CORE OUTCOME 02**

Create a graded re-entry ladder.

**CORE OUTCOME 03**

Rebuild leaving-home and social routines.

**CORE OUTCOME 04**

Plan recovery time without cancelling the next step.

02 / USE THE ACTION CARD

THE DOORWAY CARD

1

SHRINK

What is the five-minute version?

2

ORIENT

Name three things you see and feel both feet.

3

MOVE

Take the planned route, not a random challenge.

4

EXIT

Use the planned return time without shame.

5

REPEAT

Schedule the next small step before motivation changes.

WRITE THE FIRST REAL STEP

The smallest successful exit today is...

03 / CHECK IN + CHOOSE THE NEXT LEVEL

CORE CHECK-IN

● The pattern I noticed is...

● The smallest safer or more useful move is...

● The person, place, or support that helps is...

SCOPE + SAFETY

Isolation can be related to depression, anxiety, trauma, disability, illness, caregiving, grief, unsafe environments or practical barriers. This workbook does not diagnose the cause or replace tailored care.

CORE OR EXTENDED?

CORE / FREE

THE FIRST MOVE

- 4 focused pages
- One clear framework
- One immediate action card
- A concise safety boundary

EXTENDED / \$7.99

THE FULL SYSTEM

- 15 focused pages
- 7 original visual scenes
- Complete exercises + plan

OPEN EXTENDED ->

SOURCE ROUTES: WHO / NIMH / EVIDENCE NOTE

EXTENDED: <https://championverse.com/7-99-the-way-back-out-a-gentle-re-entry-plan-after-isolation-e-book/>

EDUCATION + REFLECTION / NOT INDIVIDUAL CARE

CORE 4/4