

Week 7 - Opening Video Speaking From the Right Place

This final week is about words.

But not in the way most people think.

By now, you have done the internal work. You have learned how to stand, how not to collapse, and how not to disappear.

Only now do words begin to matter.

Week 7 is about speaking from the right internal place.

Not to reduce anxiety. Not to force closeness. Not to fix the relationship.

But to speak without abandoning yourself.

This week will help you recognize when to speak, when to wait, and when silence is wiser.

The scripts you will see are not magic. They are tools.

They only work when you are already steady.

A quick expectation for this week.

Do not use words to manage fear. Return to steadiness first.

When you speak from clarity, words land differently.

That is the work of this final week.

Let's begin.