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PUPPET MASTER

Why Don't Smart People Get Rich?

21 Hidden Programs That Block Your
Growth and Your Money

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Hello. I'm Yulia Zatulovskaya.

I'm a mentor in mindset and inner transformation.

My work focuses on consciousness, energy, and the laws that shape reality — on the levels where it's not behavior that changes, but the very logic of perception. Where a person stops living in reaction mode and begins to consciously create their own reality.

My approach is a precise recalibration of the inner programs that determine your decisions, your income, your capacity for growth, and how you experience life. We don't "fix" the past. We change the structure of consciousness, and reality reorganizes itself accordingly.

This book was not written in the quiet of an office. It grew out of real processes — hundreds of hours of deep sessions, human pain, internal breakthroughs, unexpected insights, and those moments when a person meets their true self for the first time.

For a long time, I searched for the answer to the question everyone asked me: why do intelligent, talented, capable people remain stuck in places they have already outgrown?

Why do we understand that it's time to change our lives, yet continue to fear, devalue ourselves, stall, and wait for the "right moment"? The answer turned out not to be about effort. And not about willpower.

It lies in the fact that each person's reality is built on inner programs they cannot see. As long as the program is running, a person keeps moving in circles. Once it is recognized, the circle disappears.

This book is a navigation tool for those inner mechanisms — a way to see what is holding you where you are and shift into a state where movement becomes natural and growth becomes available.

This book is a shortcut to that shift. You can stop dissecting yourself into fragments and begin to see the system. When there is a system, clarity appears. When clarity appears, fear dissolves.

I don't promise ease. Meeting yourself always requires courage. But I do promise honesty, depth, and support on every page.

Shall we begin?

INTRODUCTION. INSTRUCTIONS FOR YOUR BRAIN

You are not broken. You are a survivor.

If you're holding this book, chances are you're tired. Tired of being afraid, of postponing your life, of jealousy, of trying to control everything, or of feeling like you're never good enough. You may even be thinking, "There's something wrong with me. I'm defective. Everyone else is normal — except me."

Let's agree on one thing right away: **there is nothing wrong with you.** Everything you label as your "flaws" — laziness, fearfulness, perfectionism, dependence on others' opinions — are not system errors. They are built-in safety features.

The truth is, your brain was not designed to make you happy, wealthy, or a TED speaker. Your brain has only one biological mission: **to get your physical body safely to tomorrow morning.** That's it.

To accomplish this, we carry an ancient structure inside us — the limbic system (let's call it the Inner Bodyguard). It is millions of years old. It has no concept of Instagram, mortgages, or public speaking. It operates by the rules of the cave.

How an Email from Your Boss Turns into a Tiger

In ancient times, everything was simple.

- A rustle in the bushes = Predator = Death.
- Exile from the tribe = Isolation = Death.
- A mistake during the hunt = Hunger = Death.

Today, the world has changed. The Bodyguard's settings have not.

When you stand up to give a presentation, your neocortex (the rational part of your brain) understands: "This is just a report." But your ancient Bodyguard sees fifty pairs of eyes fixed on you and shouts: **"DANGER! If we make a mistake, the tribe will reject us! We'll be cast out into the wilderness! We will die!"**

And it hits the red button. Your heart pounds, your palms sweat, your throat goes dry. You think you're a bad speaker. In reality, your body has mobilized every resource to help you escape a saber-toothed tiger.

The Great Illusion: 21 Masks of a Single Fear

In this book, we will explore 21 programs (or scripts) that shape the way modern people live. You'll find jealousy, workaholism, impostor syndrome, and fear of poverty here.

But the truth is, there is only one Fear.
The Fear of Nonexistence — Death.

The human psyche is structured like an onion.

- On the surface is **the Symptom** (for example, “I can’t name a high price for my services”).
- Deeper lies **the Program** (Fear of Rejection or Fear of Shame).
- At the very core is **the Root** — the fear of disappearing, of dying.

Our brain is so afraid to face death directly that it creates hundreds of distractions. It’s easier to fear being poor or being overweight than to confront our own mortality.

Why 21 programs?

Our psyche is like a multi-story building. I have identified **four fundamental survival levels** that support human life:

1. **Biological (Body):** To live, we must remain physically intact, nourished, and safe.
2. **Social (Relationships):** To survive, we must belong to the tribe (love, acceptance).
3. **Psychological (Ego / Achievement):** For the personality to exist, it needs accomplishment, control, and structure.
4. **Spiritual (Meaning):** For the soul to live, it needs fulfillment and self-realization.

Each of these levels has its own “load-bearing structures.” After analyzing hundreds of cases, I saw that breakdowns (fears) occur at the same critical points.

- At the level of the Body, there are three primary ways to die (illness, hunger, violence).
- At the level of Relationships, there are five main ways to be cast out.
- At the level of the Ego, there are seven mental traps.
- At the level of the Soul, there are six barriers to the true self.

In total: 21 programs. **This is a comprehensive map of human vulnerabilities.** Most likely, not all of them are active for you — just two or three “favorites” that shape your personal life script.

How to Use This Navigator

This book is not a textbook to memorize. It's a navigation tool.

1. Open the "Symptom Navigator." Find what is troubling you right now.
2. Turn to the page of the corresponding Program.
3. Read the description. Recognize yourself in it.
4. Understand the real cause: what kind of "death" is this fear trying to protect you from?

The moment you see the mechanism, the spell of fear dissolves. You stop being a hostage acting blindly and become an Observer — someone who has a choice.

Welcome to your own control center.

CHAPTER 1. THE ANATOMY OF THE PUPPETEER (A DOSSIER)

“I understand everything logically, but I still can’t do anything about myself.”

How many times have you said that?

You promise yourself you’ll start a new life on Monday. You draft a master plan — to conquer the world, stick to a diet, or increase your income. Your intellect (IQ) clearly knows what needs to be done.

But Monday morning comes, and an invisible hand turns you in the opposite direction.

Instead of making the important call — you scroll.

Instead of taking a bold step — you feel sudden fatigue or get sick.

Instead of love — the same old argument.

You scold yourself for laziness and lack of willpower. You think something is wrong with you.

But the truth is, in that moment, you were not at the helm. The controls were taken over by the Puppeteer.

Let’s meet it face to face. To defeat an enemy (or make peace with it), you have to know what you’re dealing with.

PERSONAL FILE: SUBJECT “THE PUPPETEER”

Official name: The Limbic System (including the Reptilian Brain and the Amygdala).

Age: More than 50 million years (inherited from our ancient ancestors).

Location: Deep structures of your brain — the subcortex.

Security clearance: Absolute. It has the authority to veto any decision made by your Conscious Mind (the Neocortex).

PRIMARY DIRECTIVE:

The Puppeteer has only one evolutionary task:

To ensure the organism’s physical survival and conserve energy.

Its core programming does not include: “Happiness,” “Wealth,” “Self-actualization,” “Spiritual growth,” or “The perfect body.”

It contains only three commands:

1. Safety (Don’t get killed.)
2. Nutrition (Don’t starve.)
3. Dominance / Reproduction (Pass on the genes — if it’s safe to do so.)

HOW DOES IT CONTROL YOU? (The System of Strings)

The Puppeteer doesn't speak in words (language belongs to the younger part of the brain — the neocortex). It communicates through **biochemistry**. Its "strings" are neurotransmitters and hormones.

When you make a decision the Puppeteer considers dangerous (starting a business, raising your prices, approaching someone), it pulls those strings:

1. **The FEAR String** (Cortisol and Adrenaline)
 - Your decision: "I'll ask for a raise."
 - Puppeteer's reaction: "DANGER! The boss is the leader of the tribe. If we anger him, we'll be cast out. Exile = Death."
 - Result: Your throat goes dry, your palms sweat, your brain freezes. You say nothing.

2. **The LAZINESS String** (Dopamine Deficit + Adenosine)
 - Your decision: "I'll work on my project all weekend."
 - Puppeteer's reaction: "Energy expenditure too high. No guaranteed result. This is an inefficient use of calories. Better lie down."
 - Result: A heavy fatigue settles over you, and you turn on a series. It's not laziness — it's energy-saving mode.

3. **The ANXIETY String** (Background Mobilization)
 - Your decision: "Everything's fine, I have money, I can relax."
 - Puppeteer's reaction: "Relaxing is dangerous! Predators attack the relaxed. Stay alert."
 - Result: You start looking for problems where none exist, pick a fight, or feel anxious for no reason.

WHY DOES THE PUPPETEER PREVENT YOU FROM BECOMING WEALTHY?

The problem is that the Puppeteer lives in the past. Its maps are millions of years outdated. It doesn't know what "inflation," "mortgages," or "personal branding" are. It still lives in the Cave.

And in that Cave, the rules are strict:

- Stability = Life. (If we did this yesterday and survived, we must do the same today.)
- Change = Death. (Anything new could be a threat. A new path might lead to a tiger.)
- Visibility = Becoming a Target. (Don't stand out.)

The paradox of modern life:

Everything you dream about — big money, recognition, passionate relationships, expansion — is interpreted by the Puppeteer as a signal of **MORTAL DANGER**.

- Big money means responsibility and attention from others (envy, aggression). The Puppeteer blocks it.
- Relationships mean vulnerability and the risk of pain. The Puppeteer blocks them.
- A move or a new job means losing the familiar cave. The Puppeteer sabotages it.

That's why affirmations and "millionaire mindset" books often don't work. You're trying to persuade, through logic (the conscious mind), an ancient reptile that understands only the language of instinct.

The conclusion: You are not at fault. You are not lazy or incapable. Your built-in security system is simply working too well. It protects you from "dangerous" wealth and "risky" happiness just as effectively as it once protected your ancestors from saber-toothed tigers.

The good news is that you can take back the controls.

In this book, we won't fight the Puppeteer (fighting yourself is pointless — it's stronger). We'll learn how to reprogram it.

We'll show it that big money is safe.

That being loved is safe.

That making mistakes is normal.

Once the Puppeteer understands that this new life is not a threat, it will stop pulling the emergency brake and transform from a jailer into your most powerful ally. All the immense energy it once spent on fear will begin flowing toward your goals.

Ready to find out which string it's pulling in your life right now?

CHAPTER 2. THE INTELLIGENCE PARADOX

(Or why C-students run companies while A-students work for them)

There's one question that troubles millions of people:

"If I'm so smart, why am I still broke?"

You've read dozens of books on business, psychology, and marketing. You understand sales funnels, personal boundaries, and investment portfolios. Your IQ is above average. Yet when you look at your bank account, the numbers don't reflect your level of knowledge at all.

At the same time, you see people who objectively know less than you do, make grammatical mistakes, and have never heard of "success mindset" — yet they earn easily, buy expensive cars, and genuinely enjoy life.

How is that possible? Is it unfair? A flaw in the system?

No. It's the Puppeteer at work, using your greatest weapon — your intellect — against you.

THE UNCOMFORTABLE TRUTH: IQ DOESN'T MAKE MONEY

Money is the result of Action.

Intelligence is a tool for Analysis.

In the Puppeteer's world, high intelligence often becomes a high-definition fear generator.

Here's how it works:

A person with low anxiety (or what you might call "Simple Courage"):

- They get an idea. Their brain doesn't calculate ten steps ahead. They see only the first step. The Puppeteer stays half-asleep because it doesn't detect a complex threat. The person takes action, makes a mistake, takes another step — and eventually gets results.

A highly intelligent person (you):

- You get an idea. Your powerful processor (the neocortex) instantly calculates 150 possible outcomes.
- And then the Puppeteer steps in, spotlighting the worst-case scenarios:
 - "What if the tax authorities freeze my account?"
 - "What if clients leave bad reviews and I lose my reputation?"
 - "What if a crisis hits and the dollar collapses?"

Your vivid imagination paints scenes of your failure in 4K with surround sound. You experience that fear so intensely, as if it has already happened. The Puppeteer releases a dose of cortisol, and you decide: “Better not start. I need to prepare more.”

THE RATIONALIZATION TRAP

Smart people rarely admit to themselves, “I’m afraid.” It doesn’t sound respectable.

Instead, they use their intelligence to rationalize.

You craft logical, polished, well-argued explanations — to yourself and others — for why you’re not wealthy yet:

- “It’s not the right time; the market is unstable.”
- “I need one more degree to feel confident.”
- “I’m a perfectionist; I can’t release something unfinished.”
- “Money isn’t the main thing; I’m above that.”

All of this is a lie. It’s a legal brief your Mind drafted on behalf of your Fear.

You’re using your brilliance not to find a way to act, but to justify why you don’t.

KNOWLEDGE IS NOT POWER — IT’S WEIGHT

The real formula for growth looks different:

Result = Psychological Capacity × Number of Actions

Knowledge without action becomes toxic. It starts to rot inside you.

Every book you read without applying anything becomes another brick on your shoulders. You know what to do, yet keep living the same way. That gap creates enormous guilt and self-aggression.

You begin to feel like an impostor, because your potential is huge — and your implementation is small.

WHAT TO DO?

You need to change the function of your intellect.

Stop using your brain as a Catastrophe Predictor.

Start using it as a Problem Solver.

- Predictor: “What if I fall?” (Paralysis.)
- Solver: “I’m going. If I fall, I’ll figure out how to get back up.”

Your intelligence should serve your Goals, not your Fears.

In this Navigator, we will learn to switch off the “clever word machine” and see the real reason behind inaction. Not “the market is bad,” but “I’m afraid to show up.” Admitting that is already half the victory.

Smart people do get rich. But only those who learn to act faster than their brain has time to get scared.

CHAPTER 3. THE LAW OF CONNECTED VESSELS

(Why money, sex, and relationships are the same energy)

Many people live under the illusion of “separate compartments.” They imagine their life as a submarine with sealed cabins.

- Cabin No. 1: Work and Money.
- Cabin No. 2: Family and Love.
- Cabin No. 3: Health and the Body.

It seems like if there’s a fire and constant conflict in the “relationships cabin,” you can simply shut the hatch, retreat to the “work cabin,” and build a billion-dollar empire there.

Or the opposite: “So what if I’m counting pennies — at least we have a great, transcendent love.”

In the Puppeteer’s world, there are no compartments. There is **one unified nervous system**. And there are **patterns**.

Remember this axiom: **The way you do one thing is the way you do everything.**

ENERGY EXCHANGE: DIFFERENT CURRENCIES, SAME MECHANISM

To your unconscious, there is no difference between a dollar, an orgasm, or a compliment. All of it is **Energy** — something you either allow yourself to receive or block.

1. **Money** is an exchange of energy with Society (the World).
2. **Sex and relationships** are an exchange of energy with a Partner (an individual)..

If a blocking program is in place, it acts like a virus, infecting both files.

Let’s look at how the same fears manifest across different areas. See if you recognize yourself.

Scenario 1: “Fear of Rejection” (I must be good)

- In Money: You’re afraid to name a high price. You give discounts, work overtime for free, just to keep the client happy. You feel ashamed to ask to be paid for your work.
- In Relationships: You dissolve into your partner. You tolerate what you dislike, fear saying “no,” swallow resentment. In sex, you focus only on your partner’s pleasure, forgetting about your own.

Scenario 2: “Hypercontrol” (The world is dangerous, no one can be trusted)

- In Money: You can’t delegate. You carry everything yourself and hit a financial ceiling because your hands are tied up with routine tasks. You’re afraid to invest (losing control over your money).
- In Relationships: You get jealous. You check phones, demand explanations. You can’t relax in bed because switching off your mind feels like death. And where there is no relaxation, there is no pleasure — neither financial nor sexual.

Scenario 3: “Self-Devaluation” (I’m not good enough)

- In Money: Impostor syndrome. “I just got lucky,” “I still don’t know enough.” Money comes with difficulty and slips away just as fast.
- In Relationships: You choose partners who don’t value you, criticize you, or ignore you. Unconsciously, you seek confirmation of your own “unworthiness.”

MONEY IS SOCIALIZED LIBIDO

In metaphysics and depth psychology, financial energy and sexual energy (libido) flow through the same channels. It is the energy of Life, Creativity, and Desire.

If the Puppeteer is afraid, it shuts off the valve.

- When you are anxious, sex becomes irrelevant (reproduction is disabled under threat).
- When you are anxious, big money also feels unsafe (it attracts the attention of predators).

You become “dry.” Your eyes lose their spark. You turn into a function. And money isn’t interested in functions — it responds to living energy.

WHY THIS IS GOOD NEWS

Because the reverse principle also works — **the law of healing.**

You don’t need to fix “lack of money” and “loneliness” separately. You need to identify the Root Fear (the Puppeteer’s Program) that is creating the blockage.

As soon as you remove, for example, the Fear of Being Visible:

1. You start showing up more boldly on social media and asserting yourself at work → **Your income grows.**
2. You become more charismatic, confident, and attractive to the opposite sex → **Your relationships improve.**

This book is not just about your wallet. It's about your ability to let Life flow through you in all its forms. As you work with the programs outlined here, you will inevitably notice shifts in the atmosphere of your bedroom and your family life.

Because when the Puppeteer finally calms down, you begin to truly live.

CHAPTER 4. THE LAW OF CAPACITY

(Why big money can burn you out)

We often ask the Universe: “Give me more money! More clients! The perfect partner!”

And we get upset when nothing happens.

It feels like the Universe is stingy. In reality, **it’s being careful.**

The Puppeteer blocks your desires not out of spite, but by assessing your current **energetic container — your capacity.**

THE “OVERFLOWING CUP” EFFECT

Imagine that your psyche right now is a 200-milliliter cup.

That’s the level of stress, responsibility, and energy you can comfortably handle (your current income, your current challenges).

But the income you dream about — say, a million — **is a full liter of water.**

What happens if you pour a liter of water into a 200-milliliter cup under pressure?

1. The water spills over (money comes — and immediately disappears into emergencies).
2. The cup cracks (your nervous system can’t handle the strain, and you end up sick or burned out).

The Puppeteer knows this. To it, Big Money = High Pressure.

If your “walls” — boundaries, self-worth, the ability to rest — are weak, a large flow of energy will simply overwhelm you.

HOW WE SHRINK OUR OWN CAPACITY

The fears we’ll examine in this book (the Navigator) are the clutter filling your cup.

- Resentment takes up 30% of the space.
- Anxiety about “what will people think?” takes another 20%.
- Control and distrust occupy 40%.

That leaves only 10% of free space for Life and Money.

That’s why you feel exhausted even when you’ve done nothing. Your energy is being spent maintaining your fears.

WHAT ARE WE GOING TO DO?

Our task with this is not to “attract money” (that’s pointless while the cup is full of debris).

Our task is **to expand your container.**

Every time you identify a fear and release it (work through it), you remove a stone from that cup.
Space opens up.

And by the laws of nature, new energy immediately fills the space that’s been cleared — in the form of money, opportunities, or love. You don’t even have to call it in. Nature abhors a vacuum.

Conclusion: Don’t ask for rain if you don’t have a bucket.
First, prepare the capacity.

CHAPTER 5. THE “SUCCESSFUL SUCCESS” TRAP

(Why affirmations don't work — and motivation can actually make things worse)

You've probably tried it.

Standing in front of the mirror repeating, “I'm a money magnet. Money flows to me easily and joyfully.”

You made a vision board with pictures of the Maldives and a Bentley. You forced yourself to wake up at 5 a.m., drink smoothies, and think positive thoughts.

And what happened?

Most likely, nothing. Or maybe a short burst of enthusiasm followed by an even deeper crash into apathy. Now, when you look at that vision board, instead of inspiration you feel irritation — and shame.

So why didn't these popular tools work? Are you hopeless?

No. You were just trying to do cosmetic renovations on a house built on a tectonic fault line.

THE LEVELS MISTAKE: CONSCIOUS vs. SUBCONSCIOUS

Your brain operates through two profoundly unequal systems:

1. The Conscious Mind (the Captain). This is your logic, willpower, desires, and affirmations. It accounts for only about 5% of your psychological power.
2. The Subconscious (the Ocean). This is where your hidden programs, instincts, inherited patterns, and our old friend — the Puppeteer — live. This is 95% of the power.

When you say the affirmation “I am rich and successful,” it's the Captain speaking.

But if the Ocean (your subconscious) is running a program like “Rich people get punished / killed / rejected,” the Ocean simply laughs at the Captain.

To the Puppeteer, your attempts to become wealthy look like an attempt at self-destruction.

WHY SELF-HELP BOOKS CAN SOMETIMES BE HARMFUL

Reading success stories about billionaires often creates a **toxic gap**.

You see the perfect picture of your “Point B” and compare it to your real “Point A.”

That gap creates an overwhelming sense of inadequacy: “They did it, and I didn’t. Something must be wrong with me.” You start fighting yourself. Trying to “break” your laziness. Trying to “conquer” your fears.

But in a war against yourself, there are no winners. You will also be the one defeated.

SO WHAT ACTUALLY WORKS?

Not new wallpaper (affirmations). **A foundation repair.**

The method I offer in this book works differently. We won’t be “attracting” or “visualizing” anything. We’ll go in the opposite direction.

We will look for what is really standing in the way. We will look for the hidden benefit of your current situation. It may sound strange, but **every problem you have comes with a Secondary Gain.**

- If you don’t have money, it means your Puppeteer finds it safer for you not to have it.
- If you’re alone, it means your Puppeteer benefits from keeping people at a distance.

This isn’t masochism. It’s survival logic — just distorted.

Example:

A person wants to earn a million. But deep inside sits the fear: “If I have a million, criminals or relatives will show up asking for money.”

The Puppeteer decides: “Fine. No million — no danger. I’ve saved you.”

Until you see this connection and break it, no meditation will help.

But the moment you realize, “Wait — I’m not poor, I’m hiding from my relatives,” the fear loses its power. You regain your freedom to choose. You can say “no” to relatives and allow yourself to have money.

This Navigator is a tool for uncovering those hidden links. We will bring them into the light. And the Puppeteer, like a vampire, fears sunlight — awareness.

Stop putting wallpaper over mold.

Let’s go down to the basement and clean up what’s really there.

SMART THOUGHT NAVIGATOR

(Find the section where you can check at least one box and go to the corresponding Program.)

AREA 1: MONEY AND CAREER

1. “The Hoarder Syndrome / A Life of Scarcity”

- I save the best for a “rainy day” (dishes, clothes, money).
- I buy the cheapest option, even when I can afford better.
- I feel guilty after making major purchases.

 **This is Program No. 2: Fear of Poverty**

2. “Working for Peanuts”

- I feel ashamed to name a high price for my services.
- I constantly give discounts or work for free “as a favor.”
- It seems to me that others do it better, while I’m just “so-so.”

 **This is Program No. 8: Fear of Being Unworthy**

3. “The Eternal Student / The Waiter”

- “I’ll take one more course, then I’ll start.”
- “The website isn’t ready, the logo isn’t perfect — I’ll wait until Monday.”
- I have plenty of ideas but don’t take the first step for years.

 **This is Program No. 13: Procrastination**

4. “Afraid of Risk”

- I choose stability, even if it’s boring and pays little.
- The thought of starting my own business or quitting my job causes panic.
- Better not to try at all than to try and fail.

 **This is Program No. 9: Fear of Failure**

5. “Forever ‘Almost Done’”

- I abandon projects when only the last 10% remains.
- I have countless unfinished things (books, renovations, courses).
- I lose interest as soon as the novelty fades.

 **This is Program No. 14: Fear of Finishing**

6. “Success Sabotage”

- Just as things start going well, I get sick or something goes wrong.
- I’m afraid that if I become wealthy, people will envy me or ask to borrow money.
- I feel guilty toward less fortunate relatives when I have money.

 **This is Program No. 15: Fear of Success**

7. “I’ll Do It All Myself”

- No one can do it better than I can — it’s easier to do it myself.
- I control every little detail for employees or family members.
- I’m drowning in operations and can’t relax for a minute.

👉 **This is Program No. 11: Hypercontrol**

8. “I’m a Fraud”

- It feels like I just got lucky, and soon everyone will realize I’m a fake.
- I’m afraid a client will ask a question I can’t answer.
- I collect diplomas to prove I deserve my place.

👉 **This is Program No. 20: Impostor Syndrome**

9. “I Don’t Want to Grow Up”

- I’m waiting for a mentor/producer to come and solve everything for me.
- It’s hard for me to call government offices, pay taxes, or handle “adult” matters.
- I resent the world for being so complicated.

👉 **This is Program No. 12: Fear of Responsibility**

10. “The Invisible One”

- I’m afraid to post stories with my face or speak publicly.
- “Happiness loves silence” — it’s better not to stand out.
- The idea of popularity or hate scares me.

👉 **This is Program No. 21: Fear of Visibility**

♥ AREA 2: LOVE AND RELATIONSHIPS

11. “Enmeshed / Clingy”

- I live through my partner’s interests, forgetting my own.
- If they don’t call or seem distant, I panic.
- I tolerate poor treatment just to avoid being alone.

👉 **This is Program No. 4: Fear of Loneliness**

12. “The Good Girl / People-Pleaser”

- I can’t refuse, even when it’s inconvenient (driving at 5 a.m., lending money).
- I’m afraid of hurting someone by saying no.
- I put others’ interests above my own.

👉 **This is Program No. 6: Fear of Saying “No”**

13. “The Endurer / The Peacemaker”

- I stay silent and bottle up resentment just to avoid a conflict.
- I agree, even when I disagree inside.
- “A bad peace is better than a good fight” is my motto.

☛ **This is Program No. 7: Fear of Conflict**

14. “Addicted to Likes”

- I rewrite a message ten times, afraid of being misunderstood.
- Criticism or even a sideways glance throws me off balance for a week.
- I dress/live in a way that won’t give people anything to talk about.

☛ **This is Program No. 5: Fear of Criticism**

15. “The Loyal Daughter”

- I repeat the unhappy fate of my mother or grandmother.
- I feel guilty being happier or more successful than my parents.
- “That’s how everyone in our family lived,” and I’m no exception.

☛ **This is Program No. 19: Ancestral Programs**

🧠 AREA 3: INNER STATE

16. “The Hypochondriac”

- I constantly check my body: What was that twinge?
- I Google symptoms and diagnose myself with serious illnesses.
- I don’t trust my health — I’m always expecting something to go wrong.

☛ **This is Program No. 1: Fear of Illness**

17. “The Taut String”

- I startle at sharp sounds and scan my surroundings.
- The world feels like a dangerous place — no one can be trusted.
- I’m always ready to defend myself or be attacked.

☛ **This is Program No. 3: Fear of Violence**

18. “The Perfectionist”

- It’s either perfect or not at all.
- I spend hours aligning fonts and details no one will notice.
- A mistake feels like death to me.

☛ **This is Program No. 10: Perfectionism**

19. “The Ban on Happiness”

- I feel guilty resting; idleness makes me uncomfortable.
- If I laugh too much, I expect something bad to follow.
- I don’t know how to spend money on pleasure — only on what’s practical.

☛ **This is Program No. 18: The Ban on Joy**

20. “The Professional Victim”

- I like to complain so people will feel sorry for me.
- It’s convenient for me to be sick — expectations are lowered.
- “I would have done it, but...” (I have kids / no time / my husband is controlling).

👉 **This is Program No. 16: Secondary Gain**

21. “The Leaky Bucket”

- No matter how much I’m praised, it’s never enough — I don’t believe it.
- I feel an inner emptiness that can’t be filled with food or shopping.
- My achievements seem insignificant compared to others’.

👉 **This is Program No. 17: Self-Devaluation**

PART I.

FEAR OF ANNIHILATION

(Physical Death)

Level: BIOLOGICAL

Code Name: “I’m afraid that my body will cease to exist.”

This is the oldest, basement level of our psyche. It is where we share instincts with animals. These fears are tied to direct threats to life, bodily integrity, and the resources required for breathing and nourishment.

In the modern world, predators rarely try to eat us. So this fear has evolved in more subtle forms. It now hides in obsessive concern about health (hypochondria), a panicked fear of poverty (“Without money I’ll starve”), and a pervasive sense of physical vulnerability.

If you recognize yourself in this section, your fundamental need for Safety has not been fully met. Your “Inner Bodyguard” is operating in a state of red alert 24/7.

Program No. 1: FEAR OF PAIN AND ILLNESS

(Hypochondria, Fear of Physical Weakness)

Program Slogan:

“What is this little spot? What if it’s cancer?”, “I need to get tested urgently before it’s too late,” , “There are no healthy people — only those who haven’t been examined enough.”

How It Shows Up in Life (Symptoms):

1. **Body scanning.** You constantly monitor yourself: where did it sting, where does it ache? Any normal sensation (fatigue, headache) is interpreted as a symptom of a fatal disease.
2. **Google diagnosis.** You search your symptoms online and within five minutes you’ve diagnosed yourself with three terminal illnesses.
3. **Doctor-hopping (or avoidance).** You either live in clinics, undergoing endless MRIs “just in case,” or, on the contrary, you are panic-stricken about doctors (“what if they find something”) and avoid them for years.
4. **Distrust of the body.** You perceive your body not as a friend, but as a ticking time bomb that could explode at any moment.

Hidden Benefit (Why Is This Needed?):

It creates an illusion of control over death.

The psyche reasons like this:

“If I stay vigilant and detect illness at an early stage, I won’t die. My anxiety is the price I pay for immortality.”

It is also often a way to receive legitimate care and attention (when I’m sick, I am loved and pitied, and responsibility is lifted from me).

The True Root:

Fear of physical death / annihilation.

This is an attempt to rationalize unexplainable anxiety. It is easier for a person to fear a specific “blood clot” or “tumor” than abstract nonexistence. Illness is a tangible enemy — something you can fight.

The Cost of the Program:

- **Financial loss:** Endless paid tests and supplements.
- **Living in a hospital mindset:** Instead of enjoying health, you spend your time searching for diseases.
- **Psychosomatics:** Paradoxically, constant fear weakens the immune system, and you truly begin to get sick more often.

Litmus Test (How to Tell the Difference):

Ask yourself: “Am I going to the doctor because something is truly hurting and interfering with my life, or because I need to calm the anxiety that I might be dying?”

- If you’re searching for an illness in order to confirm your fear — that’s Program No. 1.
- If you’re afraid not of the illness itself, but of becoming a burden to your loved ones — see Program No. 8 (Fear of Being Unworthy / a Burden).

ANTIDOTE

- **New belief:** “My body is a wise system. It knows how to heal itself. I trust my organism.”
- **Micro-action:** When you feel the urge to Google symptoms or start scanning your body, do ten squats or dance instead. Shift your attention from controlling your body to using it.
- **Power question:** “If I were absolutely certain I was healthy, what would I do right now?”

Program No. 2. FEAR OF POVERTY AND LOSS

(The Scarcity Syndrome, The “Rainy Day” Script)

The Program’s Motto:

“There’s never enough money.”, “We’ve never lived in wealth — no point starting now.”, “Better save it for a rainy day.”, “I can’t afford this coffee / taxi / vacation.”

How It Shows Up in Life (Symptoms):

1. **A Ban on Spending.** Letting go of money feels physically painful. Even necessary purchases are followed by guilt.
2. **The Hoarder Mindset.** You keep old things, bags inside bags, broken appliances — “What if I need it someday?” Throwing things away feels like losing part of yourself.
3. **Survival Workaholism.** You don’t work for purpose or fulfillment, but out of panic: “If I stop for even a moment, I’ll end up with nothing.”
4. **Blindness to Opportunity.** You choose “stable but small” over “risky but big.” You don’t see money circulating in the world — you only see its absence.

The Hidden Benefit (Why It Exists):

It creates an illusion of safety through resource control.

Your inner “hamster” believes that the more it stores (and the less it spends), the further it pushes death away. Living in scarcity mode paradoxically feels calming: you’re always prepared for the worst. If you expect nothing good, you can’t be disappointed.

The True Root:

Fear of physical death — fear of starvation.

For the ancient brain, Money = Food = Life. Losing money is interpreted by the limbic system as a direct threat to survival, as if someone took away your winter supply of meat.

The Cost of the Program:

- **Blocked growth.** Money is energy. By clenching it, you choke off the flow. You cannot earn more because your subconscious is wired to hold, not expand.
- **A life unlived.** You prepare to live, but never actually do. The imagined “rainy day” matters more than the bright one you’re in right now.

Litmus Test (How to Tell the Difference):

Ask yourself: “Am I saving to invest in a meaningful goal, or am I saving because I’m afraid the money will run out and I’ll be left with nothing?”

- If you’re rationally saving for a home — that’s strategy.
- If you tense up with fear at the sight of a receipt, even when you have enough — that’s Program No. 2.

ANTIDOTE

- **New belief:** “The world is abundant. Money is energy — it flows in and out with ease. What I spend returns multiplied.”
- **Micro-action:** Buy something today that isn’t on your “survival” list (food/rent), but purely for pleasure. Even if it’s just an expensive coffee, buy it without guilt — and enjoy it.
- **Power question:** “Am I saving right now out of self-care, or out of fear of the future?”

Program No. 3. FEAR OF VIOLENCE

(Hypervigilance, The World as a Threat)

The Program's Motto:

«“You can't trust anyone.”, “The world is dangerous.”, “Better safe than sorry.”, “Stay on guard.”

How It Shows Up in Life (Symptoms):

1. **Perimeter Scanning.** When you enter a space, you automatically look for exits. On public transport, you sit so no one is behind you.
2. **Physical Armor.** Your body is always slightly tense (raised shoulders, clenched jaw). You're ready to defend yourself or run.
3. **Avoidance of Crowds.** A crowd feels less like fun and more like an unpredictable threat.
4. **Startle Response.** Sudden noises or unexpected touch trigger an outsized reaction of fear or aggression.

The Hidden Benefit (Why It Exists):

It keeps you in a state of mobilization.

The psyche believes relaxation is dangerous (“If I fall asleep, I'll be eaten”). Constant tension creates the illusion of readiness: “If something happens, I'll react in time.” The benefit is feeling like a warrior lying in wait rather than a defenseless victim.

The True Root:

Fear of physical annihilation.

A fundamental distrust of the world — often rooted in past trauma (childhood or adult), when bodily boundaries were violated and the brain encoded the rule: “There are no safe places.”

The Cost of the Program:

- **Chronic exhaustion.** Maintaining this “muscle armor” and constant threat-scanning consumes most of your energy.
- **Loneliness.** You cannot let people come close — physically or emotionally — if you expect them to strike.
- **Digestive and sleep problems.** The body never fully enters recovery mode, because “in war, no one sleeps.”

Litmus Test (How to Tell the Difference):

- If you're afraid of a specific person (an aggressive spouse, a hostile neighbor) — that's an appropriate response to reality.
- If you feel a background anxiety while walking down a sunny street in a safe neighborhood, sensing that strangers are looking at you with hostility — that's Program No. 3.

ANTIDOTE

- **New belief:** "I am safe here and now. The war is over. I no longer need to defend myself."
- **Micro-action:** Sit comfortably, close your eyes, and physically lower your shoulders (they're probably raised right now). Exhale through your mouth with a sound. Tell your body: "Stand down."
- **Power question:** "Is there a tiger in this room right now that wants to eat me?"

PART II. FEAR OF REJECTION (Social Death)

Level: RELATIONSHIPS

Code Name: “If I am not loved or if I am cast out, I will not survive.”

For early humans, exile from the tribe was more terrifying than encountering a tiger. Alone in the wilderness, survival was nearly impossible. As a result, our brains evolved to interpret a sideways glance, disapproval, or emotional coldness from others as signals of mortal danger.

Today, no one banishes us into the forest to be eaten by wolves. Yet when you're afraid to speak up, unable to say no to a friend, or tolerate a toxic partner, the same ancient mechanism is at work.

If you find yourself in this section, your “Inner Bodyguard” is convinced: “To survive, I must be agreeable, likable, and invisible.”

Program No. 4. FEAR OF LONELINESS / FEAR OF REJECTION

(Dependency, Enmeshment, Loss of Self)

The Program's Motto:

"I won't survive without them.", "Better with someone — anyone — than alone.", "If I'm alone, it means no one needs me and I don't exist.", "Love has to be earned."

How It Shows Up in Life (Symptoms):

1. **Enmeshment.** You dissolve into your partner. Their interests become yours, their mood determines yours. You don't even know what you want for dinner until you ask them.
2. **Lowered Standards.** You tolerate disrespect, emotional abuse, or indifference just to avoid breaking the bond. The thought of separation triggers physical panic.
3. **Serial Monogamy.** You jump from one relationship to another without pause. Being alone with yourself feels unbearably boring or frightening.
4. **Clinginess.** You overwhelm your partner with attention and control ("Where are you?" "Why aren't you texting?"), demanding constant reassurance that you are needed.

The Hidden Benefit (Why It Exists):

It's buying survival through another person.

The psyche regresses into a childlike state. A child cannot survive without an adult. The partner is unconsciously assigned the role of "Parent," the guarantor of safety. The benefit: you don't have to take responsibility for your own life because "we are one."

The True Root:

Fear of social death (isolation).

A deep belief: "On my own, I am incomplete. I exist only as long as someone is looking at me and holding my hand."

The Cost of the Program:

- **Loss of identity.** You forget who you are.
- **Loss of respect.** A partner stops valuing someone who is so afraid of losing them (the paradox: the fear of rejection ends up provoking it).

Litmus Test (How to Tell the Difference):

Imagine you know for certain that you will live a happy, wealthy life — but without a partner. What do you feel?

- If it's sadness ("It's a pity there's no one to share it with") — that's a natural desire for connection.
- If it's terror and the sense that "then everything is meaningless" — that's Program No. 4.

ANTIDOTE

- **New belief:** "I am whole on my own. I feel good with myself, and that's why others feel good with me. Solitude is freedom, not death."
- **Micro-action:** Go somewhere alone — a café, a movie, a walk — without your phone. Spend 30 minutes on a date with yourself, enjoying your own company.
- **Power question:** "Who am I when no one else is around?"

Program No. 5. FEAR OF CRITICISM

(Dependence on Others' Opinions, The Straight-A Syndrome)

The Program's Motto:

"What will people say?", "I have to do it perfectly so there's nothing to criticize.", "They'll think I'm stupid / strange.", "What if they judge me?"

How It Shows Up in Life (Symptoms):

1. **The Inner Censor.** Before you speak, post, or wear something bold, you mentally rehearse how everyone will react — your mother, colleagues, followers.
2. **Defensiveness.** The moment someone criticizes you, you start explaining or defending yourself instead of simply taking note. Criticism feels like a physical stab.
3. **The Chameleon Effect.** You change your opinions depending on the company to blend in and remain "one of the group."
4. **Action Paralysis.** You don't launch a project because you fear one negative comment among a hundred positive ones.

The Hidden Benefit (Why It Exists):

It's mimicry — a form of camouflage.

In the animal world, the one who stands out becomes prey. The benefit of this program is becoming invisible or "correct" so the tribe won't attack. "If I'm perfect, no one will touch me."

The True Root:

Fear of exile.

For the ancient brain, criticism is a black mark — a warning that expulsion may follow.

The Cost of the Program:

- **Betraying yourself.** You live someone else's life, serving other people's expectations.
- **A life drained of color.** In trying to avoid criticism, you also avoid success. Only those who do nothing escape criticism.

Litmus Test (How to Tell the Difference):

Someone writes to you: “Your project is complete nonsense.”

- If you think, “Hmm, strange person, oh well,” or “Maybe they’re right about some details?” — you’re fine.
- If you’re flooded with shame, want to delete the project and disappear — that’s Program No. 5.

ANTIDOTE

- **New belief:** “It’s okay if others don’t like me. Other people’s opinions tell their story, not mine. I allow people to think whatever they want about me.”
- **Micro-action:** Do something “imperfect” on purpose. Post something with a typo, wear mismatched clothes, ask a silly question. Don’t apologize.
- **Power question:** “Whose voice is speaking in my head right now and criticizing me? Is it really mine?”

Program No. 6. FEAR OF SAYING “NO”

(Boundary Violations, People-Pleasing)

The Program’s Motto:

“I don’t want to hurt them.”, “It’s no trouble for me, and it makes them happy.”, “I have to be a good person.”, “If I refuse, they’ll turn away from me.”

How It Shows Up in Life (Symptoms):

1. **Inability to Refuse.** You agree to work on weekends, lend money you need yourself, or listen to a friend complain for hours.
2. **Guilt After Saying No.** If you do refuse, you feel guilty for days. You invent excuses (“Oh, I’m sick”) just to avoid saying an honest “I don’t want to.”
3. **Passive Aggression.** You agree, but resent it — showing up late, sabotaging the task, or silently feeling angry at the person who asked.
4. **Expecting Mind-Reading.** You hope others will somehow realize you’re exhausted and stop asking (spoiler: they won’t).

The Hidden Benefit (Why It Exists):

It’s buying safety through usefulness.

“As long as I’m helpful and convenient, I won’t be rejected.”

It’s a strategy of social bargaining. It can also create a sense of moral superiority: *“I’m so kind and selfless — practically a saint.”*

The True Root:

Fear of conflict and rejection.

The brain interprets refusal as the beginning of war — and war could mean extinction.

The Cost of the Program:

- **Exhaustion.** You spend your energy on other people’s goals, leaving none for your own.
- **Psychosomatic consequences.** The unspoken “no” gets stuck in your throat, weighs on your shoulders, or manifests physically as stress-related illness.

Litmus Test (How to Tell the Difference):

You help a colleague with a report.

- If you do it from a place of genuine energy and willingness — that's kindness.
- If you do it through clenched teeth because you're afraid they'll think badly of you — that's Program No. 6.

ANTIDOTE

- **New belief:** “When I say ‘No’ to others, I say ‘Yes’ to myself. I have the right to refuse without explaining.”
- **Micro-action:** Decline something small today. Say no to a store assistant, a colleague (“I can't talk right now”), or an acquaintance. Feel the discomfort, but don't give in.
- **Power question:** “If I refuse and they leave, do I really need people who only value my convenience?”

Program No. 7. FEAR OF CONFLICT

(Avoidance, "A Bad Peace Is Better Than a Good Fight," Suppressed Aggression)

The Program's Motto:

"Don't rock the boat.", "A bad peace is better than a good quarrel.", "A smart person stays silent.", "If we argue, it's the end."

How It Shows Up in Life (Symptoms):

1. **Silencing Yourself.** Something irritates you, but you say nothing. You accumulate resentment for months, hoping it will "resolve itself."
2. **Automatic Agreement.** You nod along even when you strongly disagree inside. You're willing to betray your own opinion just to keep the atmosphere calm.
3. **Escape.** At the first sign of raised voices or confrontation, you physically leave the room, hang up the phone, or withdraw into your shell.
4. **Preemptive Apologies.** You begin sentences with "Don't be upset, but..." or "I'm sorry..." even when you've done nothing wrong.

The Hidden Benefit (Why It Exists):

It creates an illusion of stability.

The psyche interprets any open aggression as the start of a war of annihilation. The benefit of the program is maintaining the appearance that "everything is fine." It can also give a sense of moral superiority: "I'm the peacemaker. I'm above conflict."

The True Root:

Fear of social death (the rupture of bonds).

For a child, parents fighting can feel like a threat to survival — as if the world is collapsing. An adult stuck in this imprint perceives conflict not as a path to clarity, but as catastrophe.

The Cost of the Program:

- **The Pressure-Cooker Effect.** Suppressed anger doesn't disappear. It eventually explodes — either as emotional outbursts over trivial things or as illness (aggression turned inward).
- **The Death of Intimacy.** You cannot be truly close to someone while pretending that "everything is fine." Real closeness exists only where dissatisfaction can be expressed safely.

Litmus Test (How to Tell the Difference):

You're overcharged at a restaurant or someone is rude to you.

- If you don't make a scene because you don't want to waste your energy on nonsense — that's a conscious choice.
- If you want to respond but feel a lump in your throat, your heart races, and you walk away in silence, feeling humiliated — that's Program No. 7.

ANTIDOTE

- **New belief:** "Conflict is a point of growth, not the start of a war. I have the right to feel anger. My boundaries matter."
- **Micro-action:** Voice your disagreement out loud. If you don't like the soup — say so. If you disagree with a friend — say, "I see it differently." Don't smooth things over, at least once.
- **Power question:** "What am I tolerating right now that is quietly destroying me?"

Program No. 8. FEAR OF BEING UNWORTHY

(Inferiority Complex, "I'm Small")

The Program's Motto:

"Who am I to...?", "I just got lucky.", "I don't measure up to their level.", "I should be more modest.", "Happiness has to be earned."

How It Shows Up in Life (Symptoms):

1. **Self-Diminishment.** When you're praised, you shrink and deflect: "Oh, it's an old dress," "I just had help." Accepting compliments feels physically uncomfortable.
2. **Fear of Status.** You feel intimidated around wealthy, famous, or authoritative people — like a schoolchild called into the principal's office.
3. **The Cinderella Syndrome.** You believe you must first work hard and "earn it," and only then — maybe — you'll deserve rest or reward. Nothing can be received simply.
4. **Choosing Less Than You Deserve.** You pick partners, jobs, or possessions below what you could truly have, because "the good things aren't for me — I don't match them."

The Hidden Benefit (Why It Exists):

Safety through self-lowering (a hierarchical defense).

In a pack, if the omega wolf tries to take the alpha's place, it gets attacked. The psyche says: "Stay quiet. Don't draw attention. Play small, and you'll be left alone." The lower your expectations, the less you risk falling.

The True Root:

Fear of hierarchical rejection.

A belief that the tribe's resources (money, love, recognition) are limited and reserved for the "chosen ones" — and you are not among them.

The Cost of the Program:

- **A life missed.** You stand outside the celebration of life waiting for an invitation that will never come. You never issued yourself a pass.
- **Poverty.** Money does not come to those who believe they are unworthy of it.

Litmus Test (How to Tell the Difference):

You're offered a high-ranking position or an expensive gift.

- If you think, "Great, I can handle this / that's wonderful," — that's normal.
- If your first thought is, "This must be a mistake! They've got the wrong person! I won't manage — they'll expose me!" — that's Program No. 8.

ANTIDOTE

- **New belief:** "I am worthy of the very best by birthright. I don't need to earn it. I am already enough."
- **Micro-action:** When you receive praise or a compliment, don't say, "Oh, it's old / just luck." Say, "Thank you, I really appreciate it. I think so too."
- **Power question:** "If I knew I were a King/Queen, how would I walk into this room?"

PART III.

THE FEAR OF LOSING CONTROL (Psychological Death)

Level: EGO AND ACTION

This is the level at which we construct our Identity. It is where the “Inner Director” resides — the part of us convinced that the world is a dangerous chaos. The only way to survive that chaos, it believes, is to control everything, anticipate everything, and never make a mistake.

If you find yourself in this section, you are most likely a highly responsible, accomplished — and utterly exhausted — person. Your “Inner Bodyguard” won’t allow you to relax for even a moment, because it is certain: “Look away for a second, and everything will burn down.”

Program No. 9. FEAR OF FAILURE

(The Collapse of Hope, Paralysis of Action)

The Program's Motto:

"Victory or death.", "If it doesn't work out, it's a lifelong disgrace.", "Better not to try than to lose."

How It Shows Up in Life (Symptoms):

1. **Risk Avoidance.** You choose the beaten path. You stay in a dull job because it's predictable, and you're afraid to start a business because it might fail.
2. **Catastrophizing.** In your mind, any setback expands into an apocalypse. "If I mess up this project, I'll get fired, become homeless, and die under a bridge."
3. **Abandoning Dreams.** You have ideas, but they sit in a drawer for years.
4. **Envy of the Bold.** You look at those who try and fail and think, "How are they not afraid of embarrassing themselves?"

The Hidden Benefit (Why It Exists):

It preserves energy and status.

As long as you don't enter the game, you can't lose. The fear of failure allows you to maintain a beautiful fantasy about your potential ("I could have been a great writer") without facing a reality where your work might be criticized.

The True Root:

Fear of psychological death (ego collapse).

Failure is perceived not as experience, but as proof of your worthlessness. "I failed = I'm a loser = I'm finished."

The Cost of the Program:

- **Regret.** The most painful kind of pain is the pain of what was never done.
- **Stagnation.** Growth is impossible without mistakes. By avoiding failure, you avoid growth.

Litmus Test (How to Tell the Difference):

- If you assess the risks and decide not to act because it's not profitable — that's business thinking.
- If you want to act but are paralyzed by the fear of failure — that's Program No. 9.

ANTIDOTE

- **New belief:** “Failure is not a verdict — it's feedback. There are no mistakes, only experience. I allow myself to be a beginner.”
- **Micro-action:** Do something you are guaranteed to be bad at, just for the process. Draw a terrible sketch, sing off-key. Notice that the world doesn't collapse.
- **Power question:** “What's the worst that could happen if I fail? And what will I do afterward?” (Play out the scenario — there's no death in it.)

Program No. 10. FEAR OF MAKING MISTAKES / PERFECTIONISM

(The Straight-A Syndrome 2.0, "All or Nothing")

The Program's Motto:

"Do it perfectly or don't do it at all.", "Mistakes are unacceptable.", "I have to know everything in advance.", "A B is not a real grade."

How It Shows Up in Life (Symptoms):

1. **Endless Preparation.** You stay in learning mode forever, rewrite the same text twenty times, or create the perfect environment before starting actual work.
2. **Getting Lost in Details.** You can spend three hours choosing a font for a presentation you haven't even created yet.
3. **Harsh Self-Criticism.** A minor flaw haunts you for days. You don't praise yourself for success ("that's just normal"), but you punish yourself for every mistake.
4. **Procrastination.** Perfectionists are often the greatest procrastinators. The fear of doing something "imperfectly" is so strong that it's easier not to start at all.

The Hidden Benefit (Why It Exists):

It's protection from vulnerability.

Perfectionism is a shield that weighs a ton. "If I look perfect, work perfect, and live perfect, no one will be able to hurt or judge me."

The True Root:

Fear of humiliation.

A mistake feels equal to shame. The deep belief: "I am loved only for my achievements. If I fail, I lose the right to be loved."

The Cost of the Program:

- **Neurosis and burnout.** No one can be perfect 24/7.
- **Low productivity.** While you polish one detail to brilliance, the "C-students" complete ten projects, make mistakes, fix them, and make money.

Litmus Test (How to Tell the Difference):

You send an email with a typo.

- If your reaction is, “Oops, it happens,” — you’re fine.
- If your reaction is cold sweat, shame, and thoughts like “I’m unprofessional, this is humiliating,” — that’s Program No. 10.

ANTIDOTE

- **New belief:** “Done is better than perfect. I choose progress over perfection. ‘Good enough’ is excellent.”
- **Micro-action:** Send the email, post, or task when it’s 80% ready. Don’t reread it ten times. Hit Send with shaky hands — and exhale.
- **Power question:** “Am I improving the product right now, or just hiding behind polishing the details?”

Program No. 11. FEAR OF DELEGATING / HYPERCONTROL

("I'll Do It Myself," Distrust of the World)

The Program's Motto:

"If you want it done right, do it yourself.", "No one will do it the way I need it done.", "They can't be trusted with anything.", "I have to keep everything in my head."

How It Shows Up in Life (Symptoms):

1. **Micromanagement.** You control every step of your employees or family members. You check your child's homework, rewash dishes your spouse has already cleaned, reread staff emails.
2. **Inability to Ask for Help.** You're overwhelmed, but asking for help feels like weakness or humiliation. "I'm strong. I'll handle it."
3. **Anxiety on Vacation.** You can't relax and constantly check messages. It feels like the world will collapse without you.
4. **Irritability.** Other people's slowness or mistakes drive you crazy. "Why does it take them so long to get it?"

The Hidden Benefit (Why It Exists):

It provides a sense of personal importance (grandiosity).

"If everything would fall apart without me, then I'm the god of this little world."

Hypercontrol creates an intoxicating sense of power and indispensability. It also protects against the Fear of the Unknown (No. 17): when I do everything myself, I control the outcome completely.

The True Root:

Fear of chaos.

A fundamental distrust of the world and of people — the belief that the universe is hostile and only your personal effort is keeping the roof from collapsing.

The Cost of the Program:

- **A glass ceiling.** You hit the limit of your physical capacity. One person cannot build an empire.
- **Loneliness at the top.** Around a hypercontroller remain only dependent, childlike people who gladly hand over responsibility. Strong individuals eventually leave.

Litmus Test (How to Tell the Difference):

- If you don't delegate because you can't afford to hire someone — that's economics.
- If you do have the money, but think, "By the time I explain it, I could've done it myself faster," — that's Program No. 11.

ANTIDOTE

- **New belief:** "I am not Atlas; I don't have to hold up the sky. The world will function without my constant involvement. Trust is strength."
- **Micro-action:** Delegate a small task to someone (ask your spouse to buy bread, a colleague to prepare a table) and forbid yourself from checking how they do it. Accept whatever result comes.
- **Power question:** "What am I trying to drown out with this busyness? What feelings am I running from by staying in control?"

Program No. 12. FEAR OF RESPONSIBILITY

(Emotional Infantilism, The Child Position)

The Program's Motto:

"I don't want to decide anything — I just want to be taken care of.", "It's all their fault.", "Someone should come and tell me what to do.", "I'm just a child."

How It Shows Up in Life (Symptoms):

1. **Blame-Seeking.** When life goes wrong, the cause is always external: the government, your boss, the weather, Mercury in retrograde, your parents.
2. **Waiting for a Savior.** You spend years expecting a Prince, the Perfect Mentor, or a Magic Pill that will solve everything at once.
3. **Avoiding 'Adult' Tasks.** Calling a service provider, dealing with taxes, or making decisions about buying property feels physically overwhelming. You'd rather hide under a blanket.
4. **Oversensitivity.** Your default reaction to conflict is hurt feelings and tears. You use vulnerability as a form of manipulation.

The Hidden Benefit (Why It Exists):

It preserves innocence.

Responsibility is a heavy burden. If I don't make decisions, I can't make mistakes. And if I don't make mistakes, I can't be blamed. The Child position is comfortable: children are expected to do less, they're pitied, protected, and taken care of.

The True Root:

Fear of psychological adulthood (separation).

A fear of standing alone in the face of a vast world. "Adult" means alone and mortal. "Child" means protected by a Parent.

The Cost of the Program:

- **Loss of freedom.** Children don't have money, sex, or power — those are adult privileges. By rejecting responsibility, you surrender control over your own destiny.
- **Dependence.** You will always rely on someone else to make decisions for you.

Litmus Test (How to Tell the Difference):

A problem arises.

- If your first thought is, “Okay, how do I handle this?” — you’re in the Adult state.
- If your first thought is, “Why is this happening to me? Who will help me? Mom!” — that’s Program No. 12.

ANTIDOTE

- **New belief:** “I am the author of my life. No one is coming to save me, because I don’t need saving — I can handle it myself.”
- **Micro-action:** Make one decision today without consulting anyone. Choose a restaurant, buy something, or return a difficult call. Say: “This is my decision.”
- **Power question:** “If I were fully an Adult, how would I act in this situation?”

Program No. 13. FEAR OF STARTING / PROCRASTINATION

(Start-Up Sabotage, The “I’ll Get to It” Syndrome)

The Program’s Motto:

“I’ll start on Monday.”, “I’m not ready yet.”, “I need to learn a bit more.”, “Now isn’t the right time.”

How It Shows Up in Life (Symptoms):

1. **The Illusion of Busyness.** You stay busy all day — washing dishes, answering emails, scrolling — yet never begin the main task.
2. **The Eternal Student.** You take your tenth course, earn a third degree, but never actually start practicing. It always feels like you’re missing “one last piece” of knowledge.
3. **Paralysis in Front of a Blank Page.** The most frightening moment is the beginning. You can stare at the screen for hours, feeling physically nauseous.
4. **Postponing Life.** “Once I lose weight, I’ll buy the dress.” “Once I make a million, then I’ll start enjoying life.”

The Hidden Benefit (Why It Exists):

It’s protection from reality’s judgment.

As long as you’re preparing to start, you live in a pleasant fantasy where everything will turn out perfectly. The moment you begin, you meet the real world — where mistakes and challenges exist. Procrastination is the buffer between Dream and Reality.

The True Root:

A blend of Fear of Mistakes (No. 10) and Fear of the Unknown (No. 17).

The brain fears uncertainty. The status “I’m sitting on the couch” is familiar and safe. The status “I’m launching a new project” involves risk and energy expenditure.

The Cost of the Program:

- **Time.** The only nonrenewable resource. While you wait for the perfect moment, life moves on.
- **Guilt.** Each evening is poisoned by the thought: “I did nothing again today.”

Litmus Test (How to Tell the Difference):

- If you're not doing something because you're tired — that's rest.
- If you're full of energy but suddenly start scrubbing baseboards instead of working — that's Program No. 13.

ANTIDOTE

- **New belief:** “The best time is now. Action dissolves fear. I take the first step, even if I can't see the whole staircase.”
- **Micro-action:** The 5-Minute Rule. Make a deal with yourself: “I'll work on this scary task for exactly five minutes, and then I'm allowed to quit.” Usually, that's enough to get you moving.
- **Power question:** “What am I waiting for? What has to happen before I begin?” (Spoiler: nothing except your decision.)

Program No. 14. FEAR OF FINISHING

(Endless Stretching, Fear of the Finale)

The Program's Motto:

"I just need to refine a few more things.", "It's not ready yet.", "I hate to finish it."

How It Shows Up in Life (Symptoms):

1. **99% Done.** You execute a project brilliantly, but stall at the final stage (submission, publication). You keep editing, revising, dragging it out.
2. **Unfinished Gestalts.** You have a trail of half-completed things: an unfinished scarf, an unwritten book, a renovation that's lasted five years.
3. **Fear of Closure.** You struggle to say goodbye, resign, or end relationships — even when they've run their course.

The Hidden Benefit (Why It Exists):

It's a way to postpone judgment.

To finish means presenting your result to the world — where it can be evaluated (and criticized). As long as the work is "in progress," it cannot be judged.

Completion also feels like a small death of the process itself.

The True Root:

CFear of evaluation + fear of emptiness.

"When I finish this project, what comes next? There will be a void."
The brain fears that emptiness and the uncertainty of what follows.

The Cost of the Program:

- **Energy leaks.** Every unfinished task hangs in your mental RAM like an open browser tab, draining your energy.
- **No results.** A result only counts after the finish line. No finish — no reward.

Litmus Test (How to Tell the Difference):

- If you simply lost interest and walked away — that's a shift in priorities.
- If the project matters to you, but you can't bring yourself to put the final period on it, inventing a thousand reasons — that's Program No. 14.

ANTIDOTE

- **New belief:** “Completion generates energy. I finish what I start and move forward. My result has value.”
- **Micro-action:** Close one loose end today. Finish the book, throw away the broken item, or send the final report. Feel the emptiness that follows — and fill it with satisfaction, not anxiety.
- **Power question:** “Whom am I afraid to show my result to? Whose judgment do I fear?”

Program No. 15. FEAR OF SUCCESS

(Resistance to Growth, “The Envy of the Gods”)

The Program’s Motto:

“Don’t stand out — you’ll be jinxed.”, “Laugh too much and you’ll cry later.”, “Big money means big problems.”, “The rich are hated / destroyed.”

How It Shows Up in Life (Symptoms):

1. Self-Sabotage at the Finish Line. Just as things start going well, you (unconsciously) derail them: you get sick before an important meeting, miss a flight, or argue with a key partner.
2. The Ceiling Effect. You reach a certain income level and can’t break past it for years, even while working harder.
3. Shame Around Joy. When things are going well, you feel guilty in front of those who are struggling. You hide your success or downplay it (“I just got lucky”).
4. Catastrophic Fantasies. In your mind, success is linked to danger: “If I become famous, I’ll lose my privacy,” “If I get rich, everyone will ask me for money.”

The Hidden Benefit (Why It Exists):

Safety through invisibility — loyalty to the tribe.

In Soviet (and post-Soviet) culture, success could be dangerous: people could be dispossessed, imprisoned, envied. The psyche preserves this generational memory: “Better to be poor and alive than rich and dead.”

The True Root:

Fear of rejection + fear of envy.

You fear that if you grow, your old circle (family, friends) will reject you — and the new one won’t accept you yet. Success equals loneliness.

The Cost of the Program:

- **Living at 20% capacity.** You’re driving a Ferrari at bicycle speed.
- **Betraying your own potential.** You sense you were meant for more, yet keep yourself locked in a cage.

Litmus Test (How to Tell the Difference):

- If you're not striving for more because you're content with what you have — that's happiness.
- If you want more, take steps toward it, but are thrown back by some unseen force right before the breakthrough — that's Program No. 15.

ANTIDOTE

- **New belief:** “It is safe for me to be wealthy and successful. My success benefits others. I can hold this level of expansion.”
- **Micro-action:** Visualize your boldest success. Now imagine your loved ones feeling genuinely happy for you, not envious. Allow that to be possible.
- **Power question:** “Whom would I betray if I became happy and successful?”

PART IV.

THE FEAR OF MEANINGLESSNESS

(Spiritual Death)

Level: SOUL AND MEANING

Code Name: “I’m afraid of living an empty life / I don’t exist as a Person.”

When the body is fed (Part I) and relationships are in order (Part II), a person encounters the most frightening emptiness of all — the inner one. This is the level of existential fears. Here live the questions: “Who am I?” “Why am I here?” “Do I have the right to be happy?”

If you are stuck here, it means that outwardly everything in your life may look fine, yet inside there is a black hole that cannot be filled with money or likes.

Program No. 16. SECONDARY GAIN

(The Victim Trap, "It Pays to Suffer")

The Program's Motto:

"I'm the most unfortunate of all.", "No one understands me.", "I carry my cross.", "Feel sorry for me."

How It Shows Up in Life (Symptoms):

1. **A Cult of Suffering.** You (often unconsciously) turn your problem into a kind of fetish. You talk about it for hours, but reject any advice with: "Yes, but..."
2. **The Symptom as a Shield.** Your illness, depression, or lack of money becomes your alibi. "I would have been great, but I have migraines / bad karma / a tyrant husband."
3. **Emotional Vampirism.** You receive attention and love only through pity. When things are going well, you feel uninteresting to others.

The Hidden Benefit (Why It Exists):

It's a socially acceptable way not to live — while still receiving love.

A victim is untouchable. A victim cannot be criticized. A victim must be helped. It's the perfect position for manipulating the world without effort.

The True Root:

Fear of taking responsibility for your own happiness.

Being happy is frightening because a happy person owes nothing to anyone — and no one owes anything to them. They are the author of their own life.

ЖИЗНИ.

The Cost of the Program:

- **Self-disabling.** Over time, you genuinely become helpless as your willpower atrophies.
- **Emotional fatigue in others.** Sooner or later, the "Rescuers" grow tired and walk away.

Litmus Test (How to Tell the Difference):

You're offered a simple solution to your problem (for example, a doctor's contact or a job opening).

- If you're glad and make the call — you want to solve the problem.
- If you come up with ten reasons why it won't work and even feel irritated at the person who suggested it — that's Program No. 16.

ANTIDOTE

- **New belief:** "I choose to be happy, not right. I don't need problems to receive attention. I am interesting when things are going well."
- **Micro-action:** Try the experiment "24 Hours Without Complaints." Don't complain about the weather, prices, or being tired. If you slip — start the count again.
- **Power question:** "What benefit am I getting from this problem? How can I receive that (for example, love) in another way?"

Program No. 17. SELF-DEVALUATION

(Inner Emptiness, A Hole in Self-Worth)

The Program's Motto:

"I'm nothing.", "My achievements don't mean anything.", "Anyone could have done that."

How It Shows Up in Life (Symptoms):

1. **Emotional Reset to Zero.** You complete a major project, earn a diploma, have a child. The joy lasts five minutes. Then comes: "So what? It doesn't count. Now if I'd flown to Mars..."
2. **Fixation on Flaws.** You overlook 99% of what's good about you, while examining the remaining 1% under a microscope.
3. **Constant Need for External Validation.** You're like a leaky bucket: no matter how much praise or love is poured in, it drains away. You need continual reassurance of your worth.

The Hidden Benefit (Why It Exists):

It's protection against disappointment.

"If I call myself worthless first, no one else can hurt me more."

A preemptive strike against your own self-esteem.

The True Root:

Fear of spiritual death — the disappearance of the self.

A deep sense that your "I" doesn't truly exist. You try to fill that emptiness with achievements, but without a foundation (self-love), no structure can stand.

The Cost of the Program:

- **Endless hunger.** Success never feels like enough.

Depression. Life loses its flavor and becomes a mechanical race.

Litmus Test (How to Tell the Difference):

- Humility is when you know your worth but don't shout about it.
- Self-devaluation is when you genuinely believe your worth equals zero.

ANTIDOTE

- **New belief:** "I am valuable simply because I exist. I don't need to prove anything. I am here, and that is enough."
- **Micro-action:** Write a list of "10 reasons I did well today." Include even the smallest things: "had a good breakfast," "smiled." Claim them as yours.
- **Power question:** "Am I trying to fill a leaking bucket right now? Maybe it's time to fix the bottom (and learn to value myself)?"

Program No. 18. THE BAN ON JOY AND EASE

(“Laughter Without a Reason,” Guilt About Pleasure)

The Program’s Motto:

*“You have to pay for everything.”, “Life is pain / a constant struggle.”,
“How can I feel happy when the world is like this?”, “You’ll pay for it
later.”*

How It Shows Up in Life (Symptoms):

1. Anxiety After Happiness. The moment you relax or laugh, fear creeps in: “Something bad is about to happen.”
2. Glorifying Hardship. You don’t believe in easy money or luck. Only what comes through sweat and sacrifice feels legitimate. If something comes easily, it must be “unfair” or a “trap.”
3. A Ban on Bodily Pleasure. Massage, good food, sex, or long sleep trigger guilt. “I’m wasting time. I’m being selfish.”

The Hidden Benefit (Why It Exists):

It’s magical thinking — a form of sacrifice.

“If I suffer, God/Fate will see it and show mercy. My suffering is the price I pay to keep disaster away.”

Joy is perceived as a sin, or even an act of arrogance.

The True Root:

Ancestral memory of survival.

For our ancestors, life truly was a relentless struggle. The program “Joy = Loss of vigilance = Death” is embedded deep in our biology.

The Cost of the Program:

- **A life drained of color:** You turn life into hard labor by choice.
- **A blocked flow:** Energy (and money) move through a state of joy. Without joy, there is no fuel.

Litmus Test (How to Tell the Difference):

You win the lottery or receive an unexpected bonus.

- If your reaction is, “Hooray! Thank you, Universe!” — that’s normal.
- If your reaction is, “Okay, where’s the catch? What will I have to pay for this?” — that’s Program No. 18.

ANTIDOTE

- **New belief:** “Joy is fuel for life. God/The Universe wants to see me happy, not suffering. Happiness does not require payment.”
- **Micro-action:** Do something completely unnecessary, but pleasurable. Take a bath, watch a comedy, eat a dessert. And forbid yourself from feeling guilty.
- **Power question:** “Who told me that life has to be hard?”

Program No. 19. ANCESTRAL PROGRAMS

(Loyalty, “Inherited Destiny”)

The Program’s Motto:

“In our family, all the women suffered.”, “We never lived in wealth — no point starting now.”, “Men are dangerous / There are no good men.”, “We’re just ordinary people.”

How It Shows Up in Life (Symptoms):

1. **Groundhog Day.** You notice yourself repeating your mother’s or grandmother’s life path (divorce at the same age, the same illnesses, the same number of children or abortions).
2. **Irrational Restrictions.** You have no personal negative experience, yet hold firm beliefs (for example, “big money leads to prison”) that were passed down to you “over Wi-Fi” from a dispossessed great-grandfather.
3. **A Sense of Betrayal.** When you try to live better than your parents — happier, more prosperous — guilt overwhelms you. It feels as if your success betrays their suffering.

The Hidden Benefit (Why It Exists):

It’s loyalty — a need to belong to the tribe.

For the unconscious, the primary law is: “If I am like you, then I belong to you. Don’t cast me out.”

Suffering the way your mother did becomes a way of saying, “I love you. I am with you.”

The True Root:

Fear of exclusion from the family system.

A child is ready to “die” — or live an unhappy life — out of loyalty to their parents, as long as the bond with them is not broken.

The Cost of the Program:

- **Living someone else’s life:** You are not living your own story, but finishing the play your grandmother began.
- **Drained resources:** Generational wounds cannot be healed by sacrificing your own energy.

Litmus Test (How to Tell the Difference):

Ask yourself, “Whose voice is my fear speaking in?”

- If it’s your own voice and your own experience — it’s a personal fear.
- If you hear your grandmother’s words in your head, and you’ve never had that experience — that’s Program No. 19.

ANTIDOTE

- **New belief:** “I honor my ancestors, but I choose my own destiny. My happiness is the greatest gift I can give my lineage. I end the chain of suffering with me.”
- **Micro-action:** Mentally (or aloud) say to your mother or grandmother: “I see your pain. I’m sorry that life was hard for you. But I am not you. I allow myself to live differently. Look at me with kindness.”
- **Power question:** “Is this truly my fear, or was it inherited?”

Program No. 20. IMPOSTOR SYNDROME

(Fear of Exposure, “The Emperor Has No Clothes”)

The Program’s Motto:

“I’ve fooled them all.”, “They just don’t realize I can’t actually do anything.”, “It was just luck / a coincidence.”, “They’ll figure out soon enough that I’m a fraud.”

How It Shows Up in Life (Symptoms):

1. **Fear of Success.** Each new achievement brings not joy, but anxiety: “Now the bar is even higher — now they’ll definitely expose me.”
2. **Compulsive Learning.** You pursue a fifth degree not for knowledge, but for another certificate to prove you have the right to be here.
3. **Workaholism as Camouflage.** You work three times harder than everyone else to compensate for your (imagined) incompetence.

The Hidden Benefit (Why It Exists):

It’s a preemptive defense against shame.

“If I already consider myself an impostor, then when they ‘expose’ me, it won’t hurt as much — I knew it all along.”

It’s an attempt to control how others perceive you.

The True Root:

Fear of losing face (social death).

A deep-seated belief that your true self is flawed, and that only your “Mask” — the successful professional — is worthy of acceptance.

The Cost of the Program:

- **Permanent tension:** You live like a spy behind enemy lines — in constant fear of failure.
- **Missed opportunities:** You pass on major projects because you’re convinced you won’t measure up.

Litmus Test (How to Tell the Difference):

Someone tells you, “You’re a genius!”

- Reaction: “Thank you, I appreciate it.” — that’s normal.
- Reaction: Everything inside tightens — “Oh God, they’re mistaken. They’ll see the truth any second and be disappointed.” — that’s Program No. 20.

ANTIDOTE

- **New belief:** “I am where I belong. I know enough to be of value. I learn as I go, and that’s okay.”
- **Micro-action:** When you achieve a good result or receive praise, simply say, “Thank you, I put effort into it.” Don’t say, “Oh, I just got lucky.”
- **Power question:** “What facts prove that I’m a professional? (Diplomas, feedback, experience).” Rely on facts, not feelings.

Program No. 21. FEAR OF VISIBILITY

(Being Seen, Expansion, Voice)

The Program's Motto:

"Keep your head down and you'll go further.", "Don't stand out.", "I'm shy.", "Who cares anyway?", "They'll laugh at me."

How It Shows Up in Life (Symptoms):

1. **Invisibility.** Your profile is private, your avatar is a cat, you never post your own photos. In meetings, you sit in the back row and stay silent — even when you have something to say.
2. **A Block in the Throat.** When it's time to speak up, your voice disappears, becomes quiet or strained. A physical sensation of a "weight" on your chest.
3. **Self-Minimization.** You physically shrink — slouching, wearing inconspicuous clothing, taking up as little space as possible.

The Hidden Benefit (Why It Exists):

It's biological safety.

In nature, being bright and loud is dangerous — predators notice you first. And in society, the one who stands out is often the first to be attacked. This program is trying to protect you from the world's aggression.

The True Root:

Fear of aggression and annihilation.

"If I become big (visible), I become a target."

The Cost of the Program:

- **The death of talent:** Talent cannot survive in confinement. Energy that is never expressed begins to decay inside and turns against the body (auto-aggression).
- **Oblivion:** The world may never know you were here.

Litmus Test (How to Tell the Difference):

You want to record a story or speak publicly.

- If it's just laziness — it's laziness.
- If it feels like you're stepping naked into a public square under a sniper's aim — that's Program No. 21.

ANTIDOTE

- **New belief:** “It is safe to be visible. The world needs my talent. Hiding means depriving those I could help.”
- **Micro-action:** Take up space. Straighten your back, speak louder, wear something bold. Post a story showing your face. Say: “I’m here.”
- **Power question:** “If I remain invisible, what will I regret at 90?”

CONCLUSION. THE PATH OF AWARENESS

You've read about 21 programs. Perhaps you recognized yourself in two or three of them — the ones that felt uncomfortably familiar, the ones that made you pause.

That recognition is the beginning of everything.

The moment a program becomes visible, its power changes. Not eliminated — programs don't disappear by being understood. But something shifts. There's a gap between the trigger and the response where before there was none. A moment of: "Ah. This is the program running."

That gap is everything. In that gap, choice becomes possible.

You are not your programs. You are the awareness that can see them. You are the person reading this book, noticing what resonates, wondering what's possible. That awareness — that noticing, questioning, curious presence — is not another program. It's you. The real you, underneath all of them.

The path forward is not about fixing yourself. You are not broken. It's about gradually, kindly, persistently loosening the grip of the programs that are running your life on autopilot — and reclaiming the authority to run it yourself.

WHAT TO DO ONCE YOU'VE FOUND YOUR PROGRAM

Step 1: Name it without judgment. "This is the fear of rejection running." Not "I am a people-pleaser" — that makes it an identity. "I notice the people-pleasing program activating" — that keeps it observable.

Step 2: Trace it back. Where did this program make sense? What was the environment it developed in? What was the legitimate function it served? Understanding the origin builds compassion — and compassion makes it easier to update.

Step 3: Identify the need underneath. Every program is protecting something real. The fear of rejection is protecting your need for belonging. The perfectionism is protecting your need for acceptance. What does the program want for you? Can you find a healthier way to meet that need?

Step 4: Collect new evidence. Programs update through experience, not through thinking. You need new data: moments when you said no and weren't abandoned. Times when you were imperfect and weren't rejected. Instances when you asked for what you needed and it was okay. These moments, accumulated over time, gradually rebuild the underlying assumption.

Step 5: Be patient and repeat. Programs developed over years. They don't update in a day. The work is not a sprint — it's a practice. Small, consistent, compassionate. You are not trying to be different. You are learning to be more fully yourself.

WHAT TO DO ONCE YOU'VE FOUND YOUR PROGRAM TOOL FOR TRANSFORMATION

The Role of Meditation in Reprogramming

Understanding a program is only the first step. Awareness alone doesn't change the nervous system.

Your nervous system — the Puppeteer — doesn't speak the language of logic. It speaks the language of feeling, of safety, of direct experience. Reading about your fear of rejection doesn't tell your ancient brain: "You are safe now." It just informs your conscious mind. To actually update a program, you need to do the work at the level where the program lives — in the body, in the emotional center, in the realm of direct somatic and psychological experience. This is where meditation becomes essential.

In the LÜYA app - www.luyaverse.app, you will find meditations specifically designed for each of the 21 programs. These are not random relaxation tracks. They are structured as precise interventions in the language your nervous system understands.

Each meditation walks you through a journey: It first brings you into a state of safety — where your defensive guard can finally lower. Only then can real change happen. It then helps you locate the fear in your body. A fear that seems enormous and overwhelming becomes manageable once you can point to it: "This is a weight in my chest. This is a tightness in my throat." It teaches you the position of the Observer — the part of you that can witness the fear without being consumed by it. And once you can witness it, you are no longer trapped in it.

Finally, it gently transforms the energy of the program. Not by fighting it or pushing it away, but by acknowledging it ("Thank you for trying to protect me"), and allowing new possibilities to emerge. When you finish the meditation, something shifts. Not a thought — a felt sense. Your nervous system has experienced something new. It has lived a moment where the old program didn't run. That moment becomes new data. Over time, repeated small moments of new experience rewire the deepest parts of you. As you work through this book and recognize your programs, I invite you to listen to the corresponding meditation. Let it be part of your journey. The understanding you gain from reading, combined with the direct experience of the meditation, creates lasting change.

This is how real transformation happens — not through willpower or positive thinking, but through meeting yourself with awareness and compassion, and giving your body permission to know something different.

WHAT'S NEXT?

Now you know your diagnosis. You can see which program has been running your life for years. You have two options:

1. Try to rewire it on your own (it takes time, but it's possible).
2. Do it with a guide (faster and safer).

If you choose speed, I invite you to work with me.

MY CONTACTS:

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Take the next step.

You already know what to do.