

Obedience 101: Becoming Trainable

MODULE 3 WORKSHEET THE OBEDIENCE REFLEX MAP

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Instructions

Be ruthlessly honest, without shame.

This isn't about pleasing me—it's about understanding yourself.

You're not being judged. You're being shaped.

When someone gives me an instruction, what's my first instinct - mentally and physically?

Notice your automatic reflex. Is it to obey? To pause? To explain? To tighten?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What do I
tell myself internally
when I receive
direction?

This could be self-talk, resistance thoughts, excuses, or justifications.

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Do I tend to ask for clarification... or challenge the command? Why?

Trace whether your questions come from confusion or avoidance.

[illegible]

What does my body usually do when I'm told what to do?

Pay attention to posture, breath, tension, stillness, or retreat.

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When I resist
instruction, where is
that resistance
coming from?

Is it fear of failure? Shame? Ego? A need for control? Something deeper?

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Have I ever
collapsed under
instruction instead of
rising to meet it?

What happened? What did you need in that moment that you didn't give yourself?

[illegible]

When do I feel most capable of taking instruction well?

What context, tone, or dynamic helps you follow with grace?

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If I were to respond to commands with calm, clarity, and confidence—how would that feel?

Imagine being fully receptive. How would your body, breath, and mind shift?

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What one adjustment can I make this week to become more graceful in how I take instruction?

Make it achievable. Make it real. Make it daily.

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Closing Note

When you're finished, revisit your mantra. Say it aloud.

Three times. Like a promise.

Then proceed to the lesson.

And follow it like someone who asked to be led.