ALPHA RESET · FREE CHECKLIST

THE 7 MISTAKES THAT KILL YOUR CHANCES

Tick what you've done. Then stop. The damage is rarely permanent — unless you keep going.

☐ 1 · THE BEGGING PHASE

"Please, one more chance." Shows her a man whose world collapses without her — the exact man she left.

☐ 2 · THE MIDNIGHT ESSAY

1,400 words of realisations. You process your emotions *on her*. She feels suffocated.

☐ 3 · THE SURVEILLANCE

Stories, likes, friends, location. A drug that keeps you sick. She always finds out.

☐ 4 · THE SUDDEN PERFECT BOYFRIEND

Flowers now that you couldn't be bothered with in peace. Reads as bargaining, not love.

☐ 5 · THE JEALOUSY PLAY

Posting with another girl. Transparent, insecure, and hands her the closure she wanted.

☐ 6 · THE "FRIENDS" TRAP

Her emotional support with none of the benefits and all of the pain.

☐ 7 · THE PUBLIC MELTDOWN

Drunk texts, sad lyrics on your story, telling everyone. Dignity is the one asset you fully control.

DO THIS TONIGHT

Send nothing. Mute her everywhere. Delete the drafts. Tell two friends you're doing 30 days. The full 30-day protocol — silence done right, the rebuild, the exact messages — is in **ALPHA RESET** → spelloraguides.com