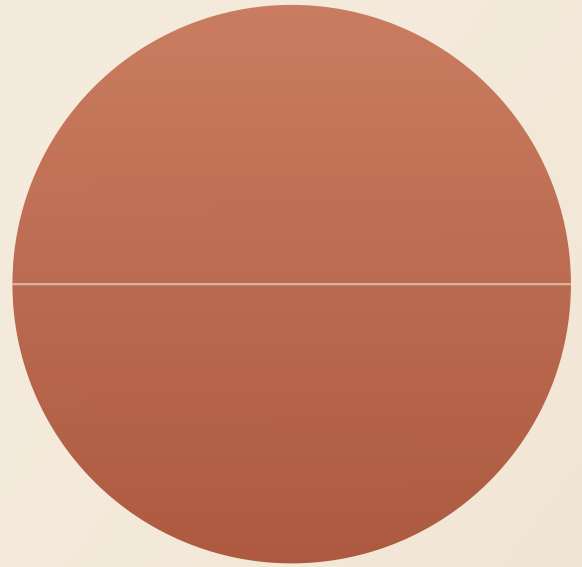


CHASING TO CHOSEN

A DIGITAL WORKBOOK FOR WOMEN WHO ARE DONE CHASING



THE

CHOSEN *RESET*

A 7-day course for the woman
who is done being an option.

READ · REFLECT · CHOOSE YOURSELF



CHASINGTOCHOSEN.COM

WELCOME

A gentler way back to yourself.

You didn't pick up this workbook because you lack self-worth. You picked it up because you're tired.

Tired of being the one who cares more. Tired of turning mixed signals into a research project. Tired of feeling calm only when someone else is warm.

This is not a book about making someone choose you. It is a book about noticing where you left yourself—and coming back. Over the next seven days, you will look at the pattern, the story, the cost, and the standard. You will practice saying less, reaching less, and choosing yourself in small, real ways.

You do not have to become hard, guarded, or uninterested. You can be warm and still have a standard. You can love people and still choose yourself. Those things are not opposites.

“You are not too much. You are asking the wrong person to meet a normal standard.”

Take your time. This is your reset.

— Chasing to Chosen

BEFORE YOU BEGIN

One day. One honest page.

What you need

Fifteen to twenty-five minutes a day, a pen, and a willingness to be honest without being cruel to yourself. You can print the worksheets or write in a notebook.

How it works

Each day has a short lesson, a few reflection prompts, and one real-life action. Read the lesson first. Then answer what you can. You do not have to do it perfectly.

If you miss a day

Return without turning it into a catch-up race. A missed day is not a failure. The next small choice is always available.

Your privacy

Your answers are yours. You do not have to share them with anyone. If you do share them, choose someone who can hold them with care.

What this is not

This is educational self-reflection content. It is not therapy, medical advice, or a substitute for professional mental health care. It does not promise a relationship, a text, or a specific outcome.

If you are in crisis or need clinical support, contact local emergency services or a qualified professional. Do not delay seeking help because of something you read here.

The goal is not to become someone else. It is to stop abandoning the person you already are.

This free sample includes Day 1. The full 30-page course includes all seven days, printable worksheets, the 30-day consistency plan, and a quick-reference page for the moments when the urge to chase hits.

Day 1

The chasing pattern.

“Chasing is not the same as loving. Chasing is what happens when your body tries to close a gap that someone else keeps open.”

You know the feeling. You send the text. You wait. You replay the last conversation. You wonder if you said too much, cared too much, asked for too much. When he responds, you feel relief—not because the connection is steady, but because the uncertainty stopped for a moment.

Chasing is not a character flaw. It is a habit. Somewhere, you learned that love has to be earned, that people leave when you stop performing, that being easy to love means being useful, agreeable, and always available. So you became the one who reaches first, fixes first, forgives first. You became good at keeping things alive. You just never learned how to let something be mutual.

Here is the gentle truth: you cannot chase your way into being chosen. You can only choose yourself into a different kind of life. The first step is not to judge the pattern. It is to see it clearly.

A pattern is not a life sentence. It is a repeated response to a familiar trigger. Once you see it, you can interrupt it.

Today, you are not changing anything yet. You are simply becoming a witness to your own reaching.

REFLECTION

Where do you do most of the reaching?

1. Name the behavior.

Texting first, planning first, forgiving first, fixing first, explaining first, waiting, checking, over-giving. Where does it show up most?

2. What do you tell yourself when you do it?

“I’m just being warm.” “He’s busy.” “If I stop, he’ll leave.” “I’m the one who understands.” Write the sentence you usually use to justify the reaching.

3. What do you hope your effort will prove?

That you’re worthy? That you’re different? That he’ll finally see you? That you won’t be abandoned? Be honest. There is no shame in the answer.

One small action: For the next 24 hours, notice the moment before you reach. Do not change anything yet. Write down what happened, what you felt, and what you told yourself. Awareness before action.

“I can care about someone without abandoning myself to keep them.”

This is the end of the free sample. The full course continues with Days 2–7, the clean standard worksheet, the 24-hour practice, the 30-day tracker, and the quick-reference page for when the urge to chase hits. Learn more at chasingtochosen.com.