



PRINTABLE GUIDE FOR SELF-DEBUGGING

REBOOT

THE DEBUGGING PROCESS FOR INTERNAL STORIES

Set aside 20-30 minutes. Print it, write on it, and slow your thinking down enough to see the code.

GUIDE

The Reboot Debugging Guide

Find and Rewrite the Story Running Your Life

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Based on the framework in *Reboot: How We Can Reprogram Our Internal Stories for Success*

Most of us react to life's triggers on autopilot - running patterns we didn't choose. This guide walks you through the 5-step Reboot Debugging process to identify the story behind your reaction, find where it came from, and rewrite it. Set aside 20-30 minutes. Be honest. This works.

SECTION 1

How Your Brain Works

Your brain runs subroutines based on internal stories we have accumulated over a lifetime: automatic patterns triggered by events. They are fast, efficient, and mostly invisible until something goes wrong.

Those patterns were installed early by parents, culture, schools, religion, media, and repeated experience. Once the code is familiar, your nervous system runs it before conscious thought has a chance to argue.

Debugging means slowing the sequence down. Identify the trigger. Notice the pattern. Separate facts from the story. Then choose a different response instead of reenacting inherited code.

Software metaphor

Triggers fire old scripts.

Our internal stories determine feelings and behavior.

Automatic does not mean true.

Awareness creates a chance to intervene.

DEBUGGING PROMPT

The question isn't why you react that way. It's WHOSE CODE is running when you do.

Use this guide with one real trigger, not a vague pattern. The more specific the moment, the better the debugging.

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5-STEP WORKSHEET

Section 2 of 4

SECTION 2

The 5-Step Debugging Process

Work through the questions in order. Write brief answers. Precision matters more than volume.

STEP 1

Clarification

"Define the problem. Only solved problems are well-defined."

PROMPT 1

What triggered you? Describe the event - just the facts, no interpretation.

PROMPT 2

Who or what is the focus of your anger?

PROMPT 3

What story did you tell yourself about what happened?

PROMPT 4

Is that story 100% true? What real evidence do you have?

Rule: Facts first, story second. If you mix them together, you will defend the bug instead of finding it.

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5-STEP WORKSHEET

Section 2 of 4

STEP 1

Clarification, continued

PROMPT 5

What feelings arose when you believed the story?

PROMPT 6

What actions did you take as a result?

PROMPT 7

Did those actions produce the results you wanted?

STEP 2

Introspection

"A trigger pokes you because something unresolved needs attention."

PROMPT 1

What is your "Me Story" - the deeper story underneath the surface reaction? Is it a victim story, an "I am" story, an entitlement story, or an inadequacy story?

PROMPT 2

What is the OTHER side of this story? What might the other person's perspective be?

PROMPT 3

What payoff does your current story give you? Sympathy, an excuse, identity, moral superiority, avoidance?

Pay attention to any answer that protects your ego while costing you agency. That is usually where the bug lives.

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5-STEP WORKSHEET

Section 2 of 4

STEP 3

Transformation

"Work backward from the results you want."

PROMPT 1

What results do you actually want from this situation?

PROMPT 2

Which story would need to be true for you to get those results?

PROMPT 3

What is the insight or lesson this situation is offering you?

STEP 4

Redirection

"Point yourself in a new direction."

PROMPT 1

What new story has emerged from this process?

PROMPT 2

What feelings does that new story create?

PROMPT 3

What ONE action will you take based on this new story?

PROMPT 4

When your old story resurfaces, what will you do?

STEP 5

Incentivization

"Your brain needs a reason to run the new code."

PROMPT 1

What small reward will you give yourself for completing this process?

PROMPT 2

What is one daily practice that reinforces your new story? Journaling, a phrase you repeat, or an action you take.

Completion matters. A better story without a concrete action is just theory wearing nicer language.

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PATTERN LIBRARY

SECTION 3

The 4 Most Common Story Bugs

1. The Victim Story

"This is happening TO me." Someone or something is responsible for your situation. The payoff is that it relieves you of responsibility. The cost is that it keeps you powerless.

2. The Entitlement Story

"I deserve better than this." The world, your partner, your company, or your history owes you something. The payoff is that it feels righteous. The cost is chronic disappointment.

3. The Inadequacy Story

"I'm not good enough." This one feeds on comparison. The payoff is that low expectations protect you from future disappointment. The cost is that you stop before you start.

4. The "I Am" Story

"That's just who I am." Identity fuses with behavior. The payoff is that it removes pressure to change. The cost is that growth feels like self-annihilation.

CULTURAL INSTALL WARNING

The hardest bugs to fix are the ones your tribe installed. Question the code your culture, family, and media wrote for you.

SECTION 4

The Reboot Debug - Quick Reference

Use this as the tear-out or screenshot version when you need the sequence fast.

01

Clarification

Define the trigger, the story, the feelings, and the result your current reaction produced.

Key question: What happened, and what did I tell myself it meant?

02

Introspection

Find the deeper "Me Story," the alternate perspective, and the payoff you get from keeping the old code.

Key question: What story underneath the surface reaction is actually being defended?

03

Transformation

Start from the result you want, then identify the story that would make that result possible.

Key question: What would I need to believe to create a better outcome here?

04

Redirection

Name the new story, the feeling it creates, and the one next action that proves it is real.

Key question: What do I do now if I actually believe the new story?

05

Incentivization

Give your brain a reward and a daily reinforcement so the new code has a reason to run again.

Key question: How will I reward and reinforce the new pattern?

Get the full framework: rebootmystories.com | Book: amazon.com/dp/Bo8R3V1H6G