

TRANSFORM WITH PATRICE

PRACTICAL · EFFECTIVE · DEEP

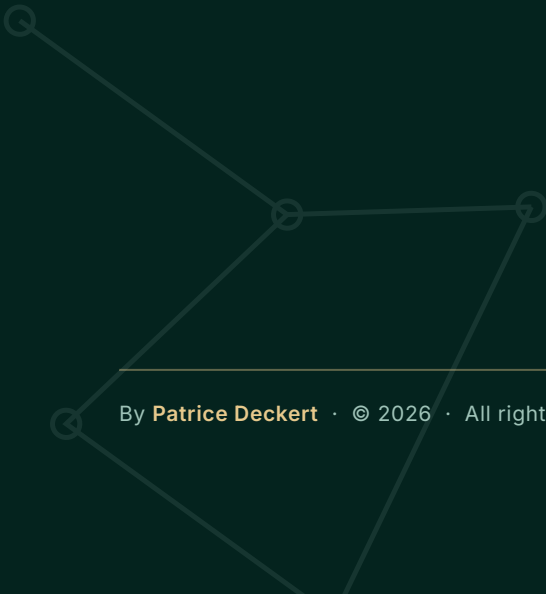


FREE WORKBOOK

REWIRE THE PATTERN. BECOME THE PERSON.

A simple, guided process to change the patterns that run your life, using my neuroscience-based Brain-Body-Retraining™ method.

By **Patrice Deckert** · © 2026 · All rights reserved



Built by someone who lived the whole journey.



"I owe everything to this approach. It let me transform my whole experience of life, after everything else just didn't work. This workbook is the exact process I used."

Patrice Deckert

TRANSFORMATION GUIDE

For twenty years I lived in high performance mode. Investment banking, then building and investing in companies. From the outside it looked like I had it all.

Then one day I hit a wall. Years of mental and physical struggles followed, and I went looking for a way out with everything I had. I spent a year in a Zen monastery as a monk. I sat through thousands of hours of meditation and hundreds of hours of therapy. I obsessively studied the nervous system, the brain and the human body. I tried the supplements, the retreats, the single sessions that promised to fix everything at once.

Some of it helped. Yet I kept falling back into the same old patterns, every single time. The real shift came once I understood how the brain actually changes, and I built that understanding into a simple process anyone can follow. That process is what you hold in your hands.

20yrs

IN HIGH
PERFORMANCE

10yrs

OF INNER
WORK

2,000h

OF
MEDITATION

500h

OF
THERAPY

\$250k

INVESTED TO
FIND WHAT WORKS

You are a set of **pathways**. And pathways can be retrained.

Who you are today is a pattern of your thoughts, feelings and behaviors. Repeat them often enough and they become physical pathways in your brain, so strong that your brain runs them automatically and it feels like you.

The good news lives in the same fact. You built these pathways, so you can rebuild them. Your brain can change itself at any age, something neuroscience calls neuroplasticity. Here are the three rules it follows.

01

THE PATTERN IS ACTIVE

A pathway can only change when it is active

Not when you think about it from a distance, but when it is really running, when you feel it. Like a folder, it has to be open before you can work with what is inside.

02

SOMETHING CONTRADICTS IT

A pathway changes when something contradicts it

Your brain is a prediction machine. When it expects one thing and something different happens, that surprising experience is what makes it learn and build a new pathway. Neuroscience calls this a prediction error.

03

YOU REPEAT IT

A pathway becomes your normal through repetition

The more you repeat it, the stronger it gets. This is Hebb's rule. And the less you repeat it, the weaker it gets again. Use it or lose it. Repeat it enough and your brain runs it on its own, like driving a car without thinking.

The 3 Cs of change.

Turn those three rules into three moves. This is the whole method, and every practice in this workbook comes back to it.

FIRST C

i

Contact

Make the old pattern active and felt. Be in touch with it, right there in your body.

SECOND C

ii

Contradiction

While it is active, bring in the new experience that goes against what the pattern expects.

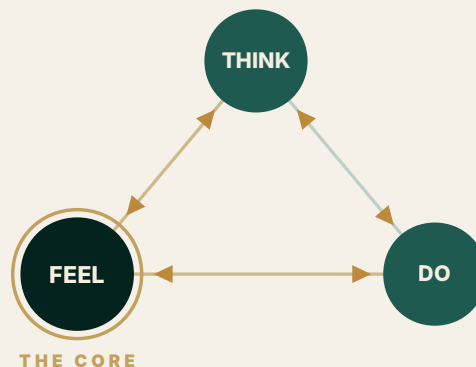
THIRD C

iii

Consistency

Repeat this again and again, until the new pathway is strong and runs on its own.

Contact, Contradiction, Consistency. Done across all three levels, your thoughts, your feelings and your behaviors. This is what my Brain-Body-Retraining™ method is built on. The next pages turn it into five simple steps you can start today.



EMOTIONAL STATES: THE CORE OF OUR WORK

Thoughts, feelings and behaviors are one connected system. For the work we do here, the **feeling is the core**. There are 2 kinds of emotional or feeling states:

CONTRACTIVE

Protect you, like fear or anger.

EXPANSIVE

Open you up, like calm or joy.

Most patterns you want to change were built on a contractive state, and this state keeps them alive. That's why in the next pages, we'll work on how to practice an expansive state.

THE PLAN YOU CAN START TODAY

The REMAP™ process.

Five steps that put the 3 Cs to work in real life, this is the core of my Brain-Body-Retraining™ method. Move through them in order, each one has a short why, then a practice you fill in yourself.



STEP ONE

Recognize the pattern

Find the exact thoughts, feelings and behaviors that make you who you are today.



STEP TWO

Engineer the new you

Design the new version in detail. How they think, feel, and act in the same moments.



STEP THREE

Mentally rehearse the new state

Quiet time with eyes closed, where you build the new state and make it strong in your brain.



STEP FOUR

Apply it in real life

When the old pattern shows up on its own, you interrupt it and step into the new state on the spot.



STEP FIVE

Practice daily

Repeat the process until the new way becomes automatic, and simply who you are.

Steps one and two are the preparation. Steps three to five are where you do the work, every day. This is not linear, so expect ups and downs. The real change comes from repeating it over weeks and months.



STEP ONE OF FIVE

Recognize the pattern

WHY THIS MATTERS

Today you are Person A. This step finds the exact thoughts, feelings and behaviors that create the pattern in Person A, so it becomes active and known. Take your time here. The deeper you see, the more the rest works.



PERSON A

This is you today

For the next week, watch yourself with curiosity. Notice what keeps coming up around the pattern you want to change, and write it down here.

WHO YOU ARE TODAY

The pattern I want to work on (only work on one at a time!)

The thoughts that show up

The feelings, and where I feel them in my body

How I usually act or react

GO ONE LAYER DEEPER

Try to get to the deepest layer. For the thoughts, ask what you really believe about yourself, or about the world, deep down. A pattern often grows from a deeper root. Perfectionism can come from a fear of not being good enough, or of being left out, something you might feel as a tight chest. Just write down the deepest thing you can find.



STEP TWO OF FIVE

Engineer the new you

WHY THIS MATTERS

If today you are Person A, who is Person B? This is your new self, the person you will practice and become. The clearer and more specific you make this version of you now, the easier it is to rehearse and to live.



PERSON A

You today



PERSON B

Your new self

Picture the same situations that trigger the old pattern. Ask yourself how the new you thinks, feels and acts inside them. You can also ask how someone who simply does not have this pattern would think, feel and act.

DESIGN THE NEW YOU

The thoughts your new self thinks

the perspective and the beliefs you want instead

The feelings your new self has

what you want to feel, and where you feel it in your body

The behaviors and small daily actions of your new self

how you want to show up, the small things you do

ASK YOURSELF HOW PERSON B WOULD ACT, GET REALLY SPECIFIC

- | | |
|---|---|
| ? How do they walk and carry themselves | ? What decisions do they make |
| ? What music do they listen to | ? Who do they surround themselves with |
| ? How do they laugh and speak | ? How do they spend the first hour of the day |

YOUR REPLACEMENT THOUGHT ANCHOR

sum the new thinking up in one short line you can easily remember and reach for



STEP THREE OF FIVE

Mentally rehearse the new state

WHY THIS MATTERS

Your brain responds to a vividly imagined experience much like a real one. In one study, people who only rehearsed a piano piece in their minds grew almost the same brain changes as those who played the keys. You can use this to build the new pathway from your chair.

These are dedicated rounds where you sit down, close your eyes and actively practice the new state.

HOW A ROUND WORKS

- 1 Pick a quiet place. Put on some music or one of my guided rounds, close your eyes, and make sure you won't be disturbed. Give yourself a little time to arrive and land.
- 2 Use your mind to bring up thoughts that create the expansive emotional states of your new self (i.e. Person B). Maybe speak the thoughts you created for your new self from step 2 in your mind, or an affirmation. Maybe you bring up a great memory that made you feel that way, or you visualize your new self. Anything's allowed, as long as it brings you into this new feeling state. Whenever your mind wanders, just bring it back to the thought or image.
- 3 Listen in to your body and look for a felt reaction to your thoughts. Don't try to force the feeling, just stay focused on your thoughts and your imagination, and at some point the feeling comes on its own.

The more rounds you do each day, the better it works. If you want deep and fast change, I'd recommend building up to five rounds of twelve minutes a day. But just start with what works for you.

INSTRUCTIONS & GUIDED PRACTICE



Practice with me

This video shows you exactly how a round works, then guides you through your first one.

[Click here ↓
youtu.be/9hSu6RvJeFg](https://youtu.be/9hSu6RvJeFg)

BUILD YOUR REHEARSAL

What I'll use to get into the new state

thoughts, an affirmation, a scene, a memory, a situation of your new self, anything that brings the expansive feeling



STEP FOUR OF FIVE

Apply it in real life

WHY THIS MATTERS

In between your rounds, the old pattern will show up on its own in real life. That is gold. The pattern is truly active, which means real contact, for free. This is where the deepest rewiring can happen, and where the change can spread into every part of your life.

You have two moves here, and you want both.

- 1 Interrupt the old.** The moment you catch it running, pause and accept it. Put a hand on your heart if you can, and tell yourself calmly, this is just my brain trying to protect me, it's okay. Not pushing it away, just a calm, ah, there it is.
- 2 Turn toward the new.** This is the stronger move. Step into the new state you trained in step three. Bring back the same feeling, with the same thoughts, images and self talk you rehearsed with your eyes closed. Stay with it until you feel a little relief, or at least a small shift out of the old. Sometimes a few seconds is enough, sometimes a minute. You will need less time the more you practice, until one day it happens on its own.

YOUR IN THE MOMENT PLAN

When the old pattern shows up, I will notice it by

the first signal, often a thought or a body sensation

WHEN I NOTICE IT, HERE IS WHAT I WILL DO

Thinking. I answer the old thought with my replacement thought from step 2, or another calm one

Feeling. I let the old feeling be there a moment, then shift into

Behavior. In the real moment, the new action I choose is

A note on behavior. Behavior can be one of the harder things to change and is often the result of our thoughts and feelings. So maybe start with your thoughts and feelings first, and then it gets easier to change your behavior too.



STEP FIVE OF FIVE

Practice daily

WHY THIS MATTERS

Repetition is what solidifies the new pathway and makes it your normal. Some days will feel strange, even uncomfortable. That feeling is your brain noticing you are leaving the familiar path, which means you are right at the edge of real change. Keep going, and step by step the new becomes who you are.

Don't expect this to go in a straight line. Some progress, then a quieter day, then a bit more. That is completely normal, so don't let a setback throw you off. Just keep going and keep putting in the work. Use the guided round from step three to practice with me, then log each day below.

YOUR 7 DAY STARTER TRACKER

Tick the two boxes when you did it, and note how many rounds you rehearsed that day.

DAY	REHEARSED THE NEW STATE	ROUNDS	APPLIED IT IN A REAL MOMENT
One	☐		☐
Two	☐		☐
Three	☐		☐
Four	☐		☐
Five	☐		☐
Six	☐		☐
Seven	☐		☐

What I noticed in myself this week

KEEP GOING

It always comes back to **one formula.**

THE WHOLE METHOD, IN THREE LINES

Why it works. Who you are is a set of pathways. They change when they are active, when something contradicts them, and when you repeat it.

What to do. Make contact, bring in a contradicting experience, and repeat with consistency. The 3 Cs, across thoughts, feelings and behaviors.

How to do it. Run the REMAP™ process. Recognize, Engineer, Mentally rehearse, Apply, Practice.

There is so much more we can add over time, so many more practices for this path. Yet it always comes back to this. It takes commitment, and it is so worth it. This is the approach that let me change my whole experience of life, and I truly believe you are on the best path to change anything you choose to.

Show me what you are working on.

If you are doing this process, tag me in your story and I'll repost it.



INSTAGRAM



TIKTOK



YOUTUBE

WANT TO GO DEEPER?



Work with me

If you want individual support, we'll go through this whole process together, working directly on you and your challenges.

→ **Click here to find out more** ←

Patrice Deckert