



DARKNESS EXTRACTION PROTOCOL

NOT A F*CKING WORKSHEET

This isn't a pretty fill-in-the-blank exercise. This is a battlefield map for excavating what they buried inside you.

Complete one extraction sequence per day for the next 7 days. The goal isn't healing. It's weaponization.

DAY 1-7: EXTRACTION SEQUENCE

STEP 1: LOCATE THE BURIAL SITE

Sit in silence. Scan your body. Where do you feel:

- Numbness
- Tension
- Heaviness
- Emptiness
- Burning

This is where they buried your power. Name the location: _____

STEP 2: IDENTIFY THE WOUND

What trauma created this burial site? Be specific. Don't tell the whole story. Name the wound.

Examples:

- When they told me I was “too much”
- When I learned my rage wasn't allowed
- When I was punished for my power
- When I was abandoned for my truth

Name your wound: _____

STEP 3: FIRST BLOOD

Place your hand on the burial site. Apply pressure. Breathe into the discomfort.

Now write the **first three words** that emerge:

- 1.
- 2.
- 3.

These are your raw materials. This is what we'll forge into weapons.

STEP 4: EXTRACTION RITUAL

Complete these statements without filtering, without making them pretty:

The part of me they killed was:

What this part wanted to say was:

What this part wanted to do was:

The power this part contained was:

STEP 5: RESURRECTION COMMITMENT

I will no longer bury my _____ to make others comfortable.

I will no longer sacrifice my _____ to be accepted.

I resurrect my _____ and claim it as weapon.

RAGE PROTOCOL

If at any point during the extraction you feel rage surface, implement the Rage Protocol:

1. Do not suppress it
2. Do not analyze it
3. Do not justify it
4. Do not release it

Instead:

1. Intensify it
2. Feel it fully in your body
3. Speak it aloud in three words
4. Write those three words here: _____

Return to these words throughout the day. They are the raw energy of your first weapon.

AFTER THE 7-DAY EXTRACTION

At the end, you'll have identified seven distinct burial sites and begun the extraction process for each.

These are not seven different traumas to heal.

These are seven different weapons to forge.

In Week 2, we'll begin the alchemical transformation of these raw materials into tactical advantages.

Until then, keep digging.

Keep excavating.

Keep becoming the monster they tried to kill.

Do not share your extractions with anyone seeking to heal you. They will try to disarm you just as you're becoming dangerous.