

Rebrainding

The Method for Regenerating your “Brainforest”
and Becoming your Ideal Human *Being*

WORKBOOK COMPANION

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Activity 3: Developing Eagle I

UNHELPFUL THOUGHTS
Negativity, catastrophizing, and focus on limitations rather than possibilities:
Harsh self-criticism:
Lack of accountability, victimhood, finding excuses outside yourself:
Harmful thoughts that keep coming back about a past or future situation:

Activity 5: Nurturing Your Human *Being*

	ACTIVATION TRACKER
STEP 1: Gratitude	COMPLETED? ☐
STEP 2: Self-Appreciation	COMPLETED? ☐
STEP 3: Self-Compassion	COMPLETED? ☐
STEP 4: Sense of Presence	COMPLETED? ☐
STEP 5: Physiological Needs	COMPLETED? ☐

Activity 6: Softening the Normative Layer

STEP 1	I have to... (extensive list) - I HAVE TO... - I HAVE TO... - I HAVE TO... - I HAVE TO... - I HAVE TO...
STEP 2	(Select one from the above) I HAVE TO BECAUSE.....
STEP 3	What happens, if you don't? IF I DON'T, THEN.....
STEP 4	If that happens, then what? IF THAT HAPPENS, THEN....
STEP 5	If that happens, then what? IF THAT HAPPENS, THEN....
STEP 6	Do you want that outcome? YES / NO
STEP 7	So, you want to... I WANT TO....

Activity 8: Identifying the Genre of Your Stories

<i>STEP 1</i>	Chosen Situation:
<i>STEP 2</i>	Share the story while observing from Eagle I:
<i>STEP 3</i>	Genre:
<i>STEP 4</i>	How does telling the story in this genre make me feel? How does it influence the reaction of the person listening?
<i>STEP 5</i>	What genres do you notice in the way different people talk about their everyday experiences? How do these genres seem to influence their emotions and how they see reality?
<i>STEP 6</i>	How do the genres you tend to use influence your emotions and how you see reality?

Activity 9: Empowering Language Choices

Identified Language Construct	Empowered Choice

Activity 10: Identifying Negative Exaggerations in Your Stories

Exaggeration	Challenging Question	Replacement with Specific Information

Activity 11: Separating Facts From Interpretations

<i>STEP 1</i>	Description of the situation:	
<i>STEP 2</i>	FACTS:	ASSUMPTIONS:
<i>STEP 3</i>	Reinterpretation:	

Self-Rewiring Protocol 2: Transforming Overthinking Into Effective Problem-Solving

STEP 1	What have you tried so far to resolve this situation?	
STEP 2	What worked?	What didn't work?
STEP 3	What is within your power to achieve?	
STEP 4	What can you do differently?	
STEP 5	What else can you try?	
STEP 6	Ranked list of potential solutions you plan to execute 1. 2. 3. 4. 5.	
STEP 7	Day and time for action 1	

Self-Rewiring Protocol 3: Habit Modification

STEP 1	Initial Habit:
STEP 2	Healthier Alternative:
STEP 3	Expected Benefits:
STEP 4	Slogans:
STEP 5	Visualization 1. How do you feel? How is your body posture? What are your thoughts? What adjectives best describe this state (e.g. healthy, confident...)? 2. What did you change to reach this new situation?
STEP 6	Put plan into practice. If you face resistance: “This is just my brain resisting because I am trying to open a new path, and it requires some extra effort from it. As soon as I manage to cut the bushes for the first time, it will become easier and easier.

Self-Rewiring Protocol 4: Goal Achievement

STEP 1	What do you want to achieve? (in positive)
STEP 2	How will you achieve it?
STEP 3	When will you achieve it? (Start or end dates)
STEP 4	Double-check and revise, if needed: - Achievable within timeframe - Within your power to achieve - It won't cause harm to yourself or others
STEP 5	Final goal (what - how - when):

Self-Rewiring Protocol 5: Removing Limiting Beliefs

STEP 1	Description of the situation:
STEP 2	Emotion identification:
STEP 3	Reflection from Eagle I -What is my subconscious trying to protect me from? -What danger does it predict if I act differently? -What is the worst that could happen if I tried? -Whose voice does this belief echo? -When did this belief first appear?
STEP 4	Let the belief speak I believe that... because...

STEP 5	Acknowledge the protective purpose of your belief “I understand you appeared to keep me safe. I thank you for that. But I no longer need this kind of protection. I am ready to live freely and safely in a different way.”
STEP 6	Reflection from Eagle II - How has this belief shaped my emotions and behavior, my choices, or relationships? - What will be possible for me when this belief disappears?
STEP 7	Rewrite the belief Limiting belief: Empowering belief (what would a confident friend say in this situation?):
STEP 8	Embody the new belief physically Take a deep breath, stand tall, place your hand on your chest or stretch your arms outward as you repeat the new statement. Feel the energy move through your body.

Self-Rewiring Protocol 7: Shifting Fear Into Excitement

Strategy 3	Positive counter-thoughts:	
Strategy 4	Disempowering Language:	Empowering Language:
Strategy 5	Initial Script:	Empowered Version:
Strategy 6	If A, then not B If I am afraid, I can't....	A AND B I can be afraid AND....
Strategy 7	Core Fear:	

Self-Rewiring Protocol 8: When Your Hormones Hack Your Mind-Brain Ecosystem

STEP 1	Acknowledge the role of your Hormones
STEP 2	Observation from Eagle I “What am I thinking?”, “How am I feeling?”, “Have my thoughts or emotions changed suddenly in the past few days without an apparent explanation?”
STEP 3	Observation from Eagle II Situation in which hormones could have potentially influenced your thoughts, emotions, or behavior:
STEP 4	New Instructions for the Rangers “Initially, I wanted Suddenly, I wanted I am aware that, right now, because of, my hormones are influencing my thoughts. I know this effect will naturally fade in a few days. I acknowledge that my hormones are just trying to do their job, and I respect that. However, I decide not to follow these thoughts, because they don't accurately represent what I truly want. I will go ahead with and trust that my hormones will support me in doing what I truly want to do as soon as possible.”

Self-Rewiring Protocol 9: the Conscious Self-Rewiring General Protocol

STEP 1	Nourishing Sources Gratitude ☐ Self-appreciation ☐ Self-compassion ☐ Presence ☐ Basic physiological needs ☐
STEP 2	Eagle I What am I experiencing?
STEP 3	Eagle II I am moving to a state of.....
STEP 4	Eagle III How does this elevated perspective change how I am feeling? How would I like to be feeling instead? What would I like to change?
STEP 5	Eagle I What needs to change in my mind-brain ecosystem to move to an empowered state and solve this situation? This is about...

Activity 13. Designing Your Protagonist

STEP 1	Header:		
STEP 2	Qualities already present:		
	Qualities to be reinforced or developed:		
STEP 3	Value 1	Meaning	Action/s
	Value 2	Meaning	Action/s
	Value 3	Meaning	Action/s
	Value 4	Meaning	Action/s
	Value 5	Meaning	Action/s
STEP 4	Ideal Lifestyle		
STEP 5	Achievements		

<i>STEP 6</i>	Contribution Reflect from Eagle III: - How would you like to contribute to making the world a better place? - How can you be the change you want to see in the world? Define specific action:
<i>STEP 7</i>	Visualization Close your eyes. Imagine yourself already living as this person. See yourself acting with your chosen values, qualities, and lifestyle. Feel the emotions of already being this version of you. Let your brainforest create and reinforce the pathways toward this new reality.
<i>STEP 8</i>	Commitment “I embrace my values, qualities, lifestyle, causes, and achievements starting now.” “I commit to [action 1, action 2, action 3, etc.]”

Activity 14: Assessing Media Impact to Your Mind-Brain Ecosystem

<i>STEP 1 & 2</i>	Topic:
<i>STEP 3</i>	Specific facts:
<i>STEP 4</i>	Interpretation media outlet A: Interpretation media outlet B:

Self-Rewiring Protocol 10: Preventing Burnout

	Nourishing sources I receive	Nourishing sources I give	Resources being stolen from me	Resources I might be unintentionally stealing
Environment				
Others				
Myself				

Self-Rewiring Protocol 11: Communicating Assertively With Others

STEP 1	Objective Behavior:
STEP 2	How do you feel when this happens?
STEP 3	Your needs in the situation:
STEP 4	Final sentence: When happens, I feel because Could we / Would it be possible to?



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