Okkult

Cord-cutting reflection sheet

This candle-free practice uses a physical cut to mark a change you intend to make. Keep the boundary within your control.

Materials

A short length of cotton thread · Two slips of paper · A pencil · Scissors · An envelope

Steps

1. On one slip write “My attention.” On the other name the pattern you are releasing. Place them apart on a table.
2. Lay the thread between the slips. Do not tie it around your body or attach it to candles.
3. Write a boundary beneath “My attention,” such as “I will stop rereading the conversation tonight.” Choose something within your control.
4. Say: “I release this pattern and return my attention to my own life.” Cut the thread at its center, keeping fingers clear of the blades.
5. Place the slip naming the pattern and the cut thread in the envelope. Discard them with household waste when ready; do not leave thread outdoors.
6. Keep your boundary slip in your journal. Take the action you wrote, then review how it felt after a week.

Example: “After dinner this week, I’ll archive the chat and leave it closed until morning.”

Pattern I want to leave

Boundary I will keep and the action I will take

Seven days later: what helped, and what will I adjust?
