

WALKING THROUGH THE MESSY MIDDLE

CHALLENGE FOCUS: RENEW YOUR MIND — READING GUIDE

Welcome to the central discussion space for this special segment of Pastor Daniella Coffey's **21-Day Walking Through the Messy Middle challenge (Round 2)**! This space is dedicated to the 'RENEW' pillar—understanding our nervous system is essential to renewing our mind and embracing our post-traumatic growth.

We're in this together. The messy middle is where real change takes root, and this book gives us the somatic tools we need to do it with compassion. Use this guide to structure your reading.

Featured Book: *Reclaim Your Nervous System: A Guide to Positive Change, Mental Wellness, and Post-Traumatic Growth* by Mastin Kipp

THE 3-WEEK READING ROADMAP

As we journey through this challenge, we will sync our readings with the weekly themes that align with the stages of nervous system work.

WEEK 1 (DAYS 1-7): NAME IT Foreword + Invocation + Read This First + Chapters 1–3

Theme: Understanding What You're Actually Dealing With

Challenge Sync: The focus of our first seven days is awareness. Before we can RENEW, we must observe our patterns without judgment. Pay close attention to how your body reacts just to reading about these concepts. You are a 'Glory Carrier,' and that includes how you hold your energy.

WEEK 2 (DAYS 8-14): FEEL IT

Chapters 4–8

Theme: Getting Out of Your Own Way and Into Your Body

Challenge Sync: We are shifting from intellectual knowledge to embodied awareness. The messy middle is often most difficult during the feel it stage. When you experience resistance, lean into the support here and remember you are co-regulating with your community.

WEEK 3 (DAYS 15-21): FREE IT

Chapters 9–12

Theme: Becoming Present, Moving Forward, Breaking the Cycle

Focus: This is our integration phase. The goal is transformation—to RENEW the mind so profoundly that it changes our responses in real-time. This week is about taking the awareness and somatic connections we've built and solidifying our new patterns, breaking the old loops forever.

COMMUNITY AGREEMENTS & GUIDELINES

This standalone container requires deep emotional safety. To hold a space that honors everyone's journey, please adhere to these three community pillars:

Pillar 1

Honor Somatic Safety Over Speed

This book is practical, but it can be intense. True nervous system regulation respects your body's boundaries. If an exercise or a concept triggers a severe response, stop reading and step back. The goal is sustainable growth, not rushing.

Pillar 2

Share Experiences, Not Prescriptions

We are a co-regulating community. Share breakthroughs with "I" statements (e.g., "I noticed my chest tightening during Chapter 5..."). Do not offer unsolicited advice (e.g., "You need to do the breathing exercise on page 80"). We are here to witness, not fix.

Pillar 3

Maintain Container Confidentiality

We are trusting each other with our 'middle.' What is shared in this group is sacred. Do not discuss individuals' vulnerable breakthroughs or raw processing outside of this page.



MESSY MIDDLE REMINDER

As Pastor Daniella Coffey emphasizes, we are Glory Carriers, even when we are Walking Through the messy parts. Do not wait for perfection. We start exactly as we are today.