

Elena Rusanova

STOP, PROGRAM!

**How to Overcome
Your Mind Traps**



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A Practical Guide-Dissection by Elena Rusanova. Are you exhausted by the endless mental chatter and chronic overthinking looping inside your head? As an MSU Psychology graduate, I am here to tell you the harsh, pragmatic truth: These thoughts are not your fault. They are psychological viral programs running inside your Mind. Modern high-pressure environments hack our attention using core mental traps: the scarcity mindset, rush syndrome, hyper-competition, and the obsessive need for social comparison. This workbook is your brief manual to reprogram your thinking, reclaim your focus, and reduce stress. Inside this practical guide, you will find:- Self-Diagnosis Log: Identify which specific mind traps are draining your financial and creative energy.- The 4-Step Reset Protocol to shift from panic to total relaxation.- Interactive Diagnostic Dashboard to scan your cognitive blind spots honestly. Stop servicing outdated mental bugs. Reclaim your focus and play by your own rules.

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Содержание

Welcome to the Simulation:	5
Dissecting Mind Viruses: Codes of Expose	7
Virus №1: Comparison Program	7
Конец ознакомительного фрагмента.	9

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Welcome to the Simulation:

How the Mind Plays with Us

Welcome, fellow Traveler.

If this guide is in your hands, your internal batteries are likely running on empty. Right now, your Mind is probably doing what it does best: looping endless mental chatter inside your head.

Sounds familiar?

—You go to bed, but instead of sleeping, your brain holds a nightly tribunal, putting you on trial for past mistakes, old conversations, and missed financial opportunities for the hundredth time.

—You're scrolling through your feed, and a sticky, background anxiety creeps up inside: *"Everyone around me is crushing it, launching massive projects in two months, while I'm completely stuck. What if I'm falling behind? What if I messed up my entire life?"*.

—There's a constant voice in your head from an invisible "critic with glasses and a folder" who records your every mistake and whispers that you're not good enough, not smart enough, or not quite ready yet.

We think these thoughts are our own, and always have been. That they're quirks of our complex character or temporary stress. But as an MSU Psychology graduate, a corporate HR veteran, a serial entrepreneur, and someone who has navigated a series of profound personal transformations, I am here to tell you the harsh, pragmatic truth: These thoughts are not yours. They are systemic viruses running inside your head.

Game Metaphor: Avatar and Its Firmware

Let's take a few minutes to de-emphasize what we've come to call "serious life" and shift the focus to the energies of insight, speed, and innovation.

Imagine our world is a colossal, multi-layered computer simulation, and our physical body and Ego are merely a temporary costume, an avatar (like in Roblox), in which the Soul has come to undertake this earthly quest. Arriving on this planet, each hero receives a basic set of parameters (character, constitution, starting conditions). And based on this set, the game instantly and accurately selects a context: the environment, the scenery, and the co-players who will trigger you—not out of randomness or cosmic injustice, but solely for your evolution and recalibration. Ultimately, it's all to help you level up.

But the real trap is hidden deep within your avatar's operating system. It comes pre-installed with restrictive programs.

The Matrix—the social system we live in—is incredibly intelligent. It cannot control you when you are free, relaxed, and tuned into the Creator's flow. That is why it hacks your attention using core viral programs: the survival trap, rush syndrome, hyper-competition, and the obsessive need for comparison.

How to feel a mental virus at the physical level?

This systemic error is easy to detect. Physically, the alien program always produces a feeling of heaviness, a narrowing of consciousness, and a sense of being trapped in a tight, dark box. You literally feel twisted and squeezed by the limitations when someone from outside (or your own ego voice) begins to dictate the rules.

A chronically clenched jaw, a perpetually tense core, and a high level of irrational anxiety about the future are physical markers that your avatar is overloaded with mental viruses.

Fighting the programs is futile. By fighting the system, you're only wasting a colossal amount of your energy. But the Matrix code can be cracked. To do so, you only need to take two steps: identify the program, acknowledge its presence and shift the focus of attention to the Observer level. As soon as you declare the code: *I see you*, he loses power over you.

In this guide, we'll provide an honest dissection of the five main viruses/programs that block the body, resources, income, manifestation, and even the Creator's Path. This is your brief guide to reprogramming the Mind. But as always, the devil is in the details, so simply reading the diagram isn't enough. Each person's path is unique and individual. It depends on the readiness of their consciousness, the experience of liberation codes, and the practical application of the methods that suit them best. The choice is always yours!

The release codes are ready. Let's begin debunking.

Dissecting Mind Viruses: Codes of Expose

Virus №1: Comparison Program

"Successful Success"

—System function: The race for the carrot on the banner, the drive to achieve, the ambitions that force one to endlessly measure regalia, statuses, and credentials.

—Who uses in the matrix: Rigid social structures, corporations, infobusiness, network marketing.

—The main marker of infection: Once the virus, initially transmitted by parents, teachers, and bosses, takes root in the system, it becomes an internal voice of criticism. Now you masterfully devalue yourself, comparing your inner chaos to someone else's ideal external image.

Avatar self-diagnosis log

Check the items that are active in your Mind right now:

—"The Instagram Success Syndrome": When you read other people's success stories (got off the ground in 2 months, earned a million, got a hit), you're instantly triggered at the physical level: your chest tightens, your jaw tightens, your mood plummets.

—The "Uselessness Effect": A thought comes into play inside: *"Well, they're cool guys, and I'm just an ordinary guy who hasn't achieved anything."*

—"Eternal Sprint": You work yourself to the point of unconsciousness, throwing yourself into doping, drinking coffee, and working even with a fever, because "you can't slow down, otherwise you'll miss everything that's most important."

—The Dopamine Loop: You constantly need other people's approval, likes, praise from your boss, or accolades. If there's no external "medal," your work feels hollow.

The Anatomy of the Mechanism: From Illusion to Bodily Contraction

To break free from the comparison program, we must understand its precise step-by-step physics. It never attacks randomly; it operates as a silent, sequential pipeline that drains your energy:

Step 1. The Trigger of Someone Else's Facade: It all begins in the external matrix—with a curated social media feed, a polished advertisement, or a picture-perfect story of another person's success. Your eyes scan the screen, absorbing an illusion of flawless, effortlessly achieved results.

Step 2. The Mind's Hook: In a split second, your Mind swallows the bait. The automatic program fires inside your head, whispering the deceptive thought-packet: *"I am worse than them. I am lagging behind. My success isn't real."*

Step 3. Total Devaluation: Once the hook is secure, your Mind launches a massive, destructive wave of self-sabotage. It completely devalues your own unique journey, your current creations, and all the previous milestones of your path, reducing your worth to absolute zero.

Step 4. Somatic Manifestation and Blockage: The mental trap inevitably hits the dense physical body. Your avatar instantly responds with a defensive reflex, locking the energy in. You physically experience this mental trap as tightly clenched jaws, rigid muscle armor in the neck and shoulders, and heavy, exhausting sleep anxiety. The creative impulse is completely blocked.

Quantum Liberation Code: "Playing Your Game":

The comparison program is based on a single, pervasive illusion: the matrix—that there exists a common standard of happiness and success for everyone. But a pear will never become a cucumber, nor a banana or a pineapple. Your avatar is unique. Everyone has their own speed and their own unique game.

Disinfection Instructions:

As soon as you catch yourself thinking: *"Look at them, they skyrocketed in two months and made a fortune while I'm stuck here,"* immediately trigger the following protocol:

Step 1. Disidentification (Mind)

Kill the mental spam and activate the internal override code:

"STOP, PROGRAM! I SEE YOU. THIS IS SOMEONE ELSE'S GAME. I AM PLAYING MY OWN." (*You tell the code: "I see you," and at that moment the virus loses its automatic power over you.*)

Step 2. Neuro-relaxation (Body)

Shift your attention from your thoughts to your physical body. Take a deep breath and exhale slowly. Do an internal scan: where is the tension right now? Is your jaw clenched? Are your shoulders tense? Is your stomach clenched?

Consciously direct your exhale into that tension, releasing the physical gridlock created by the virus. Shift your energy from mental panic into total physical relaxation.

Конец ознакомительного фрагмента.

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