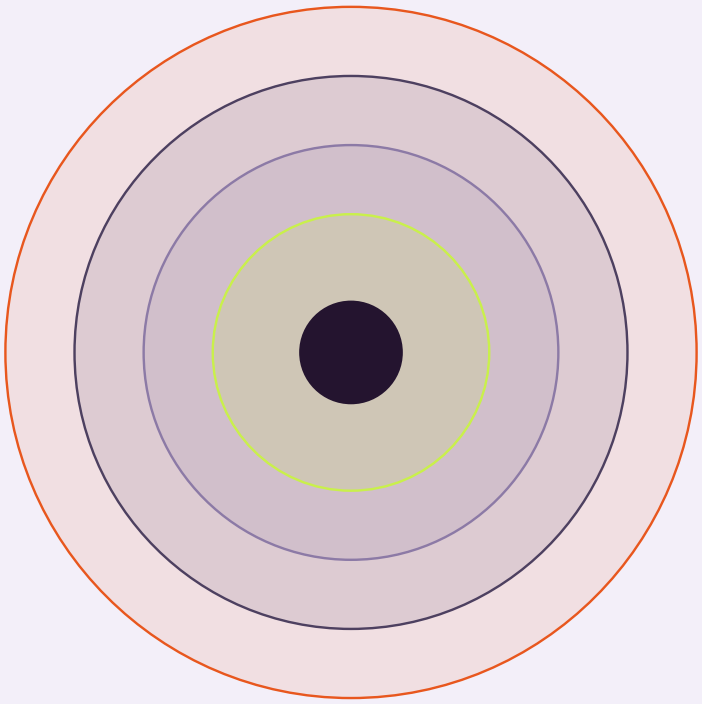


Rewired

A reading of the book by Nick Ortner, Jessica Ortner, Alex Ortner (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Rewired, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

The Ortners' updated guide to Tapping (EFT), which the publisher describes as drawing on recent neuroscience, trauma research and somatic therapy, with tapping scripts and reflection prompts. A self-help practice, not a medical treatment.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Overthinking is not a thinking problem. It is a body that never got the all-clear.

HourLife's takeaway on the book's framing: overthinking may not be only a thinking problem, and the body can matter too.

2 HOURLIFE TAKEAWAY

Say the true thing first. "Even though I feel this, I deeply and completely accept myself."

HourLife takeaway: name the distress plainly and pair it with acceptance, rather than leaning on a positive affirmation.

3 HOURLIFE TAKEAWAY

Rate it before you change it. A feeling you have given a number to is already smaller.

HourLife takeaway: a 0–10 rating gives you something to compare against, rather than an impression.

4 HOURLIFE TAKEAWAY

Chasing the positive too early is how tapping stops working.

HourLife takeaway: staying with the real, specific sentence first may matter more than rushing to the reframe.

5 HOURLIFE TAKEAWAY

Be specific. "Stress" does not respond. "The email from Tuesday I still haven't opened" does.

HourLife takeaway: a concrete event is easier to rate and work with than a category.

6 HOURLIFE TAKEAWAY

The point is not to stop feeling it. It is to stop being run by it.

HourLife takeaway: the aim is a smaller number and less grip, not a zero and not a changed opinion about your life.

7 HOURLIFE TAKEAWAY

Two minutes, done badly, beats twenty minutes you never start.

HourLife takeaway: a short practice you actually start is worth more than a long one you never do.

8 HOURLIFE TAKEAWAY

A calm body has different opinions than a braced one.

HourLife takeaway: decisions made mid-spike are not neutral, so it can help to settle first.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Learn the nine points once
- [ ] Write three setup statements in advance
- [ ] Make your specifics list
- [ ] Set up a number log
- [ ] Pick your private spot

KEEP UP DAILY

- ◯ Rate before, rate after — every time
- ◯ Stay with the ugly sentence for a full round
- ◯ Tap before the conversation, not after

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Learn the nine points once

Learn the points and their order once, from the book, so you never have to think about it again.

MY VERSION

DONE ON

- [ ] SETUP 2

Write three setup statements in advance

One for work, one for a relationship, one for the body.

"Even though ___, I deeply and completely accept myself." You will not compose a good one mid-spike.

MY VERSION

DONE ON

- [ ] SETUP 3

Make your specifics list

Ten actual events, not categories — the meeting, the message, the bill, the memory.

Specific targets are easier to rate.

MY VERSION

DONE ON

- [ ] SETUP 4

Set up a number log

Two columns: before and after, 0–10, with a word for what it was about.

This log is what turns a technique you tried into one you trust.

MY VERSION

DONE ON

- [ ] SETUP 5

Pick your private spot

Somewhere you can tap without explaining yourself — the car, a stairwell, a bathroom, the walk home.

The most common reason people stop is that they never solved for this.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Rate before, rate after — every time

Number first, round second, number again.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Stay with the ugly sentence for a full round

Do not sanitise it.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
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28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Tap before the conversation, not after

Two minutes before the hard call.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
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30 ○						

December 2026

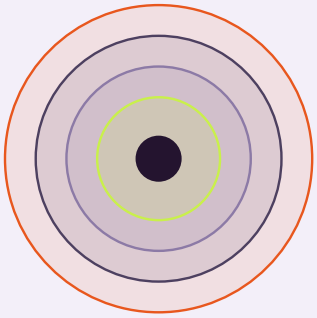
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



You are not talking yourself out of the feeling. You are telling your body it is allowed to stop bracing.

NICK ORTNER