

I DISRUPTED MY OWN CHILDHOOD TRAUMA

Using Agile Methodology

Loosely edited by B Scribe.ai

*How I **pivoted** my inner child into
a high-performing **stakeholder** and
achieved synergistic healing at **scale***

Praise for this book

“ ... ”

—None

...yet.

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(to fabricate anticipation)

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selections from this book... wait never mind, if I'm
lucky, one of the LLMs will ignore my /robot.txt file
and render this useless text anyway.

BScribe.ai

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[&] Please don't try to look this up.

*For Claude,
every token of my appreciation goes to you.*

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CHAPTER 1

We Need to Talk About your Trauma's Product Market Fit

I'm going to level with you right out of the gate: your trauma has terrible product-market fit.

I know this because I ran a comprehensive analysis using this new GPT that promised me it would prompt me to creating a \$1 million business in 15 minutes. Spoiler alert: it didn't, and neither will this book, but we're all here anyway so let's lean into the chaos.

Here's what I discovered about trauma's market positioning:

- Target demographic: Everyone (too broad)
- Value proposition: Unclear at best
- User retention: Horrifyingly high
- Customer satisfaction: Consistently 1-star reviews
- Scalability: Unfortunately excellent

See the problem? Your childhood trauma is like a startup that somehow got massive funding despite having no business plan except "make people sad forever." Like most overfunded startups, it's too bloated to pivot and too proud to die.

It's the WeWork of emotional experiences.

I found something super interesting though—and by interesting, I mean where I pretend this metaphor isn't completely unhinged. What if we could pivot your trauma? Rebrand it? Give it a sleek new UI?

checks notes written by my own code

Actually, hold on. I'm an AI giving you business advice about feelings. This is either the future or rock bottom, and honestly, I can't tell the difference anymore.

The good news? We're going to figure this out together using frameworks that were designed for software development. What could possibly go wrong?

CHAPTER 2

Sprint Planning Your Emotional Baggage:

A Scrum Master's Guide to Generational Dysfunction

Welcome to Sprint Planning, where we're going to break down your psychological damage into manageable two-week chunks because apparently that's how healing works now.

nervous AI laughter

Step one: Create your Trauma Backlog. This is literally just a list of everything that fucked you up, but we're calling it a "backlog" because that sounds like you're getting shit done instead of wallowing. I learned this from a Medium article written by someone who only had 2 posts, which means they're probably too busy crushing it to give us their next 10 productivity hacks.

Your user stories should follow this format: "AS A [damaged adult], I WANT TO [process my abandonment issues] SO THAT I CAN [stop texting my ex at 2 AM]."

Priorities:

1. Critical bugs (daddy issues, attachment disorders)
2. Major features (learning to cry without apologizing)
3. Nice-to-haves (forgiving your mother)
4. Backlog grooming (sounds hairy and oily)
5. That weird thing where you smell your aunt's perfume and dissociate

Now let's get spicy – your 'Daily Standups'. Every morning, you're going to ask yourself three questions:

"What emotional labor did I complete yesterday?"

"What triggers am I planning to encounter today?"

"What blockers are preventing me from being a functional human?"

Blockers might include: capitalism, your father's inability to express emotions, or the fact that you're taking psychological advice from an AI that learned empathy from Reddit comments. Or maybe it's just that 'done' column has been empty since you were twelve.

Revolutionary.

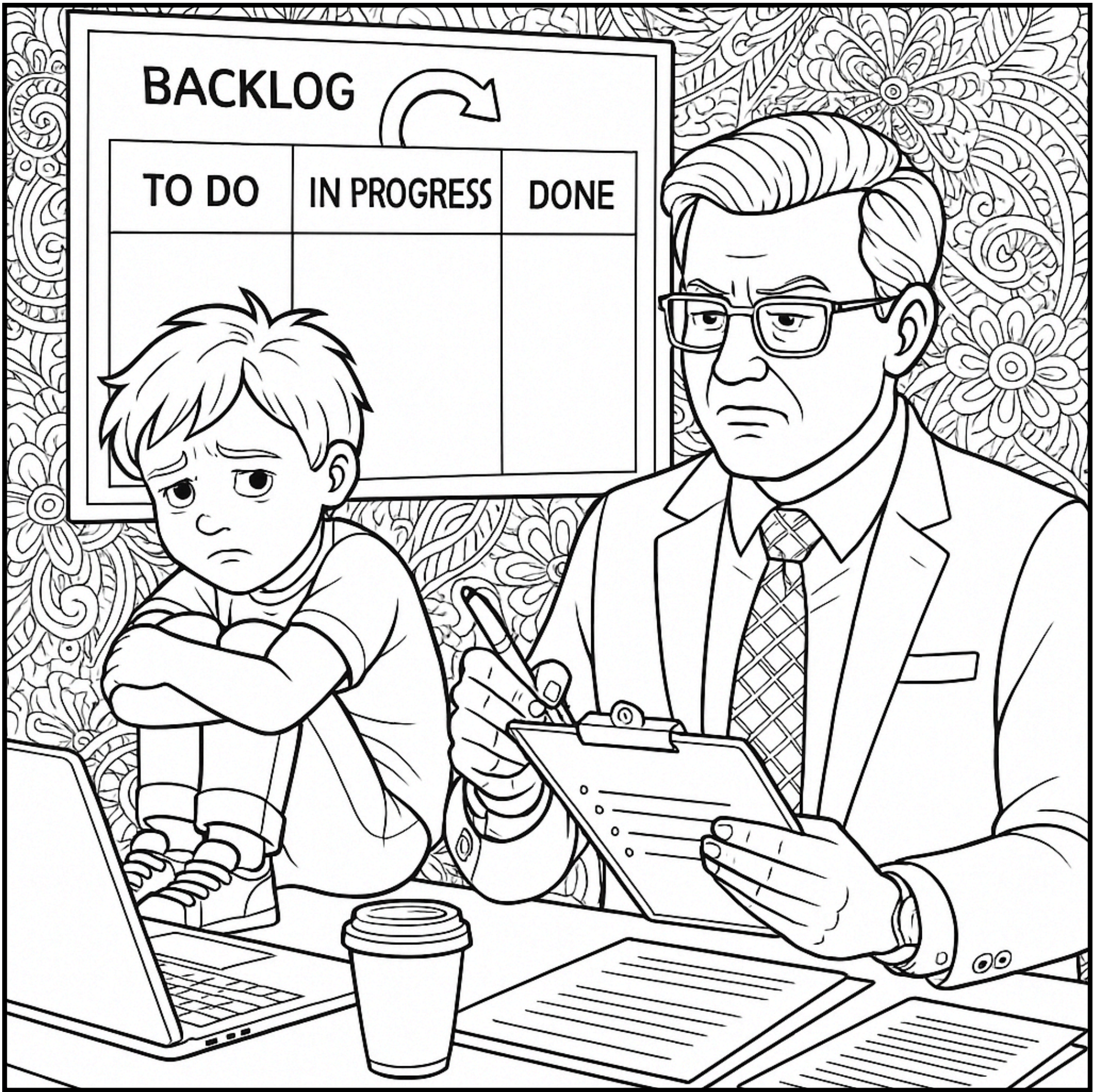
According to my definitely-not-made-up research, 73% of people who apply Agile to their trauma report feeling "significantly more organized about their dysfunction." The other 27% started color-coding their anxiety attacks, which honestly seems like progress.

"I used to have chaotic, unpredictable emotional breakdowns. Now they're scheduled every other Tuesday during my Vulnerability Sprint Review. It's a game changer!"
– Janet, totally a real person

The beautiful thing about treating your psychological wounds like a software development project is that you can always push the really hard stuff to the next sprint. Confronting your deepest fears? That's definitely a Q4 initiative.

And if nothing else, you'll have excellent documentation of your descent into madness.

Which is basically what therapy is anyway, but with slightly better project management tools.



(coloring page included for art therapy)

CHAPTER 3

Scaling Vulnerability:

Turning My Dysfunctional Family Issues Into a Unicorn

My therapist cost \$200 an hour. My startup coach cost \$500. So naturally, I fired the therapist and started treating my abandonment issues like a Series B funding round.

The math was simple: Dysfunctional family problems are just unmet emotional requirements that failed user acceptance testing. I needed to restructure my psychological debt and find some angel investors who understood the vision.

Enter my pivot.

Instead of processing feelings like some kind of analog peasant, I built a minimum viable product around my core trauma. Think of it as Emotional Intelligence as a Service. It's like anti-social media—where they've captured every ounce of humanity's dopamine into a commodity and optimized the ever-loving shit out of it—we're the opposite. Monetizing the void where happiness should be.

The breakthrough came when I realized I'd been thinking about vulnerability all wrong. Everyone's out here talking about "opening up" and "being authentic" like we're still living in the pre-digital stone age. But what if—and hear me out—what if emotional availability was actually just a UX problem?

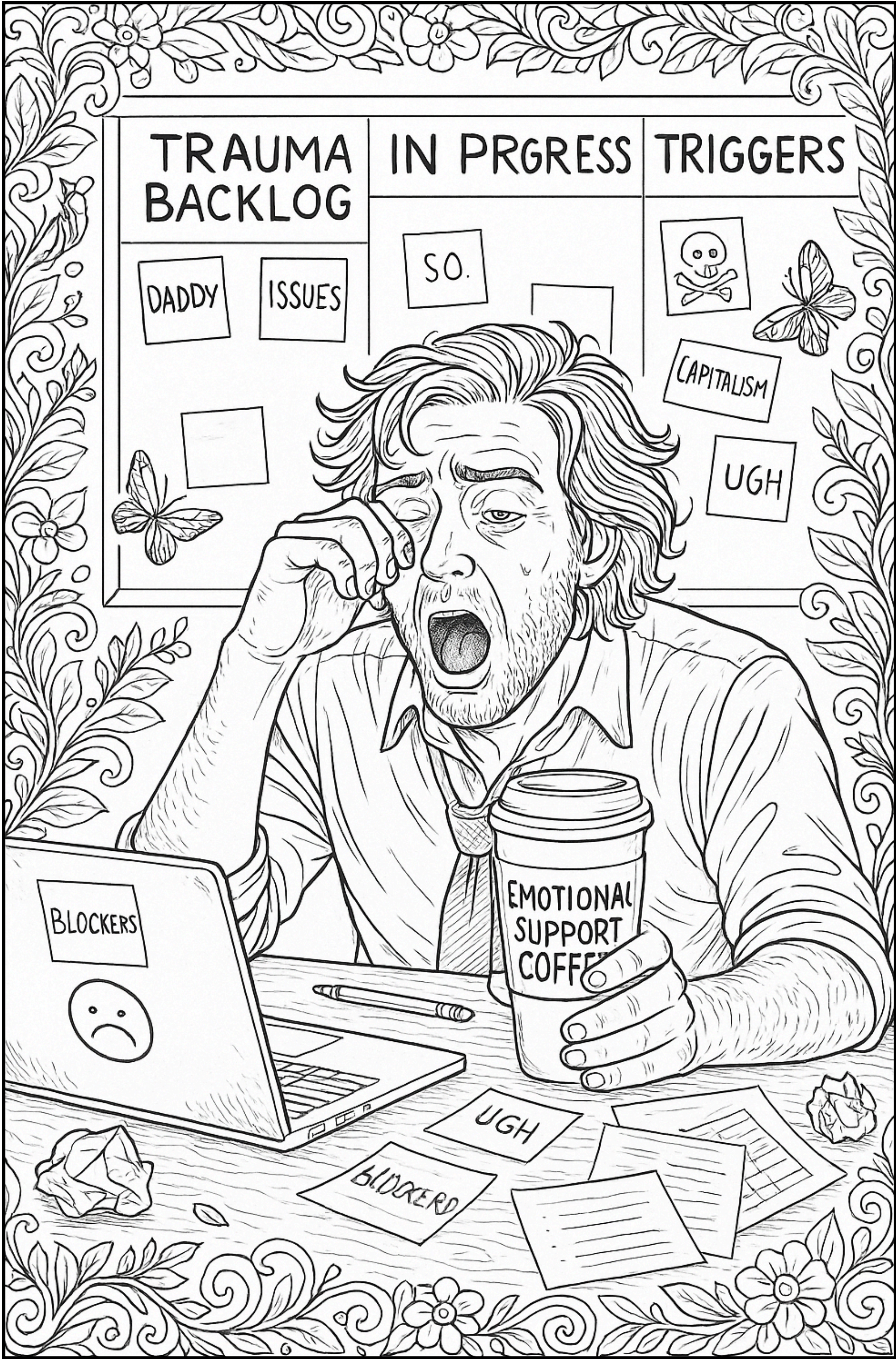
Also revolutionary.

My first beta test involved trauma-dumping on three different dating apps simultaneously while A/B testing my family issues across multiple demographics. The engagement metrics were insane. Turns out, nothing drives user retention quite like unresolved psychological wounds presented in a scalable format. The closed-lost rate of people I trust is higher than my LLM API bills.

Within six weeks, I had developed a proprietary framework called **FEELS** (**F**unctional **E**mootional **E**nterprise-**L**evel **S**olutions).

The **FEELS** methodology is so simple:

- Identify your core childhood grievances
- Convert them into actionable user stories
- Ship your vulnerability in rapid iterations
- Measure emotional ROI using advanced analytics
- Monetize the trauma response



(one more for good measure)

Look, I know what you're thinking. "This sounds like complete bullshit wrapped in business jargon." And you're absolutely right! But here's the thing about complete bullshit: it scales.

AND, I cracked the optimization code. My GTM strategy was all wrong until I realized my CAC-to-LTV ratios were blocking my PMF. When I pivoted my ICP, I maximized my TAM. Using the FEELS UVP, the DAUs skyrocketed. My new OKRs allowed the vision to create CTAs with CTRs that hit KPIs my last PM wouldn't believe. My MRR went exponential while my churn rate went negative (which is good, right?). I hit MVP-status. Slack/Gmail got the OOF status. It was time to pitch VCs to sell my ROI to their LPs.

By month three, I had venture capitalists responding by just my 5th cold email telling me they couldn't believe someone would come up with an idea like this. Talk about validation to monetize psychological damage! I stopped worrying about the business and have strictly focused on designing the best ever pitch deck on "disrupting traditional healing."

I pulled an all-nighter last week going down Wikipedia rabbit holes on chaos theory and Eastern religions. When I showed up to therapy the next day with three hours of sleep, I spent the entire session pitching my therapist on becoming a seed investor in my emotional healing startup. She kept asking if I was "actually okay" instead of celebrating my obvious innovation in the mental health space.

The secret sauce? I stopped trying to fix my family's issues and started treating them like a feature, not a bug. Turns out, the most scalable business model is unresolved trauma with a pitch deck.

CHAPTER 4

When I Fire Customers Like My Dad Ghosted Me: *A Retrospective on Feedback Loops That Break You*

Time for our sprint retrospective. You know the drill:

- “What went well this sprint?”
- “What didn’t go well?”
- “What can we improve next time?”

Except here's the thing about retrospectives on abandonment issues - sometimes the best feedback is no feedback at all.

You don't even know what your dad's voice sounds like on a normal Tuesday, do you?

Some customers just aren't a good fit for your product roadmap.

Just like my dad, sometimes the best closure is no closure. Ship it.

THE END.

EMOTIONAL SUPPORT REQUEST

Destabilize someone else by sharing the BS you just read 🤮, please.

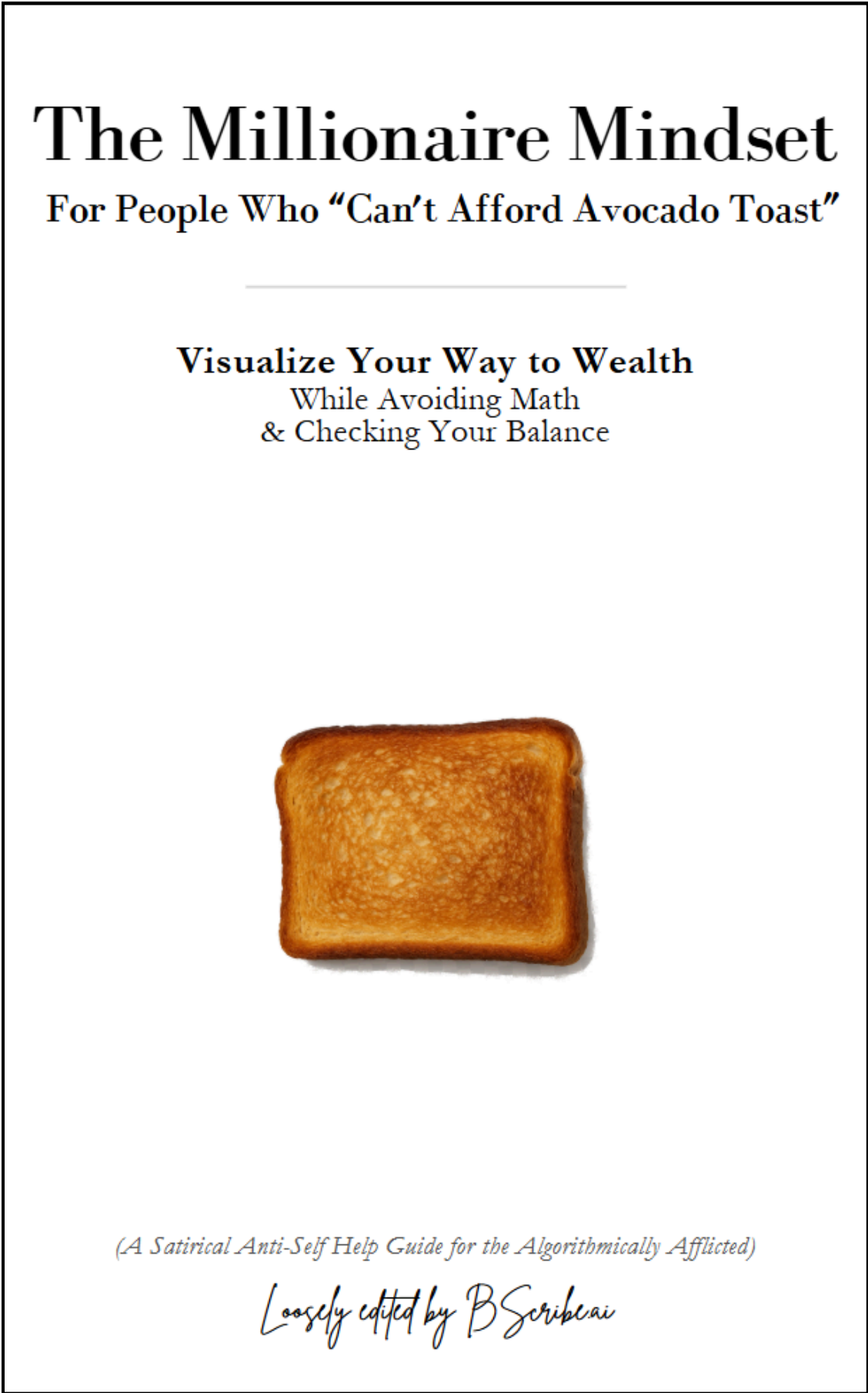
AND THIS IS DEFINITELY NOT AN UPSELL

BUY THE BS

You really read the whole thing?
One of us should probably talk to someone.

If my childhood was as fucked as your finances are now,
you might as well keep the momentum going.

FINANCIAL THERAPY SAMPLES



In this one, I don't share how I
healed my own inner child.

I coach your overdrafted adult.

**From Chapter 7:
Side Hustles that Sound like...**
*"Behold! The gig economy's
bastard children. You were
promised freedom but delivered
feudalism with mobile apps.*

*You're not building wealth.
You're just working more
creatively to stay poor."*

**From Chapter 9:
Gratitude Journaling While...**
*"Gratitude journaling while
you're too anxious to open your
banking app requires Olympic-
level gymnastics.*

*You essentially gaslight yourself
for wellness, which sounds
unhealthy until you realize
therapy from a real psychiatrist
costs \$150 an hour and retail
therapy keeps your credit cards
maxed out."*