

No Enemies, Only Contracts

A Raw Reset Manual by DonDada The Resetter

Introduction — Read This First

I'm a Leo. I make statements. I don't whisper. I don't play small. So let me start this shit off clear:

I don't have enemies. Not anymore. Because when you really know yourself, there's no space for hate.

Don't get it twisted. People think they hate me. Some swore I was their enemy. Some even built their whole identity around being against me. That's cool. That's their file, their program. Not mine.

This book isn't about clapping back. It isn't about pretending to be "healed" in that fake-ass matrix way. It's about release. It's about truth. It's about teaching you how to stop being a slave to the loops and files that keep you stuck.

I've hurt people. I've been hurt by people. I've judged people I never knew, and I've been judged by people who never knew me. And all of it was the file playing out.

Here's what I'm doing with this book: I'm clearing my lane. I'm showing you how to clear yours. I'm dropping the weight so I can walk free — and if you read this right, you'll drop yours too.

This isn't a feel-good book. No soft matrix words. This is raw, unapologetic truth. You want sovereignty? You want freedom? You want to stop repeating the same fucking story with different characters? Then read, take accountability, and reset your damn self.

— DonDada The Resetter

Chapter 1 — The File You Carry

Real Talk

Let's not forget all the bad relationships, all the fucking stories that played out in your life on repeat — different faces, same energy. Doesn't that tell you something? If the same movie keeps playing, maybe it's not about the characters, maybe it's about the damn script.

You think it's a coincidence you keep dating the same type of liar? That every job ends with the same kind of boss treating you like shit? That family member who's always "against you," but it's a new cousin every year? That's not random. That's your file.

Let's Talk About It

You were born with a file. Like a computer. The file came packed with betrayals, insecurities, heartbreaks, and so-called enemies. That's the program you agreed to run. Childhood shade turned into adult gossip. Playground exclusion turned into workplace politics. Same loop, new actors.

Make It Make Sense

Hate, pain, insecurity — that's not you. That's the file. And the system loves when you think it's you. If you think you ARE your pain, you'll defend it, replay it, and never release it. It's like a corrupted app. You keep opening it, it keeps crashing your life, but you won't delete it.

The Truth They Don't Tell You

When somebody hurts you, it's their file colliding with yours. If you take it personal, you download their file and carry double weight. That's how bloodlines keep repeating the same curses. Until somebody drops the file, the loop owns the family.

Reflection Work

- List 3–5 repeating loops (relationships, money, betrayal, family drama).
- Next to each, write: "This is not me. This is the file."
- Ask: If I drop this file, what changes today?

Final Truth — DonDada Teaches

You ain't your file. You're the soul behind the program. The loops only run if you press play. The second you say, "Fuck this file, this ain't me," the whole structure collapses. That's sovereignty.

Chapter 2 — The Illusion of Enemies

Real Talk

People don't really hate you. They don't even fucking know you. Half the time the "enemy" is someone who judged you off rumors. Or they hate what you trigger in them — your confidence, your freedom, your light.

Let's Talk About It

An enemy is nothing but a reflection. When people "hate" you, they're hating the part of themselves they haven't faced. Your presence makes their file glitch. You expose where they're not whole.

Make It Make Sense

If you fight every so-called enemy, you download their file: their insecurities, projections, drama. That's why you feel drained and bitter. The moment you stop reacting — you delete it.

The Truth They Don't Tell You

Enemies aren't real. Assignments are. Mirrors are. The system wants you stuck in enemy mode because it keeps you looping and distracted.

Reflection Work

- Write 2–3 "enemies." What do they mirror back to you?
- How much of their hate is actually about you?
- What changes if you stop fighting their file and walk away?

Final Truth — DonDada Teaches

"Enemy" is a trap word. Ain't nobody against you but your unhealed self. Recognize lessons, not enemies. That's how you stop being played.

Chapter 3 — The Ones You Judged

Real Talk

Sometimes you see somebody and you just don't fuck with them. They never said a word, but you wrote them off. I've done it. It's been done to me.

Let's Talk About It

Not vibing with somebody doesn't mean they're evil. It means they're not your tribe. If someone doesn't vibe with you, that doesn't make you trash either. Energy ≠ morality.

Make It Make Sense

We confuse “not my people” with “bad people.” False. Everyone isn't supposed to be in your circle. Some folks are background characters in your movie. Respect doesn't require proximity.

The Truth They Don't Tell You

You don't have to vibe with everyone — and you don't have to hate them either. Can you love humanity while honoring tribe boundaries? That's grown.

Reflection Work

- Who have you judged without evidence?
- Who judged you without knowing you?
- How do you show respect without forcing a vibe?

Final Truth — DonDada Teaches

Tribes don't compete; they don't mix. Stop proving yourself to the wrong crowd. Love them from a distance and keep moving.

Chapter 4 — The Tests & The Soulless

Real Talk

Some people exist to test the fuck out of you. And some? There's barely a soul running that body. NPC vibes. Empty programs pushing your buttons on schedule.

Let's Talk About It

They're not here to destroy you. They're here to check if you'll loop. Their role is to provoke the same reaction over and over — until you choose differently.

Make It Make Sense

The system knows your weak spots, so it sends tests in human form. Keep reacting and you keep repeating. Meet the test with neutrality and you pass the level.

The Truth They Don't Tell You

You can't save everybody. Some isn't coded to wake up. If you waste energy trying, you drown. They're bait to pull you back into the loop.

Reflection Work

- Who feels like a test? (Use initials.)
- What button do they push and why does it work?
- Plan a non-reaction response for the next encounter.

Final Truth — DonDada Teaches

Stop fighting bots. Stop arguing with tests. Pass the level. Level up. Move the fuck on.

Chapter 5 — Self-Forgiveness

Real Talk

You've hurt people too. You ran your file. You wore the villain cape in someone's story. That's real — and it's okay to face it.

Let's Talk About It

Accountability is freedom; guilt is another file. Accountability says, "I did that — and I'm choosing different now." Shame chains you to yesterday.

Make It Make Sense

Self-forgiveness doesn't erase the past; it ends the loop. You were unconscious then. You're awake now. Move accordingly.

The Truth They Don't Tell You

People will try to hold your past over your head forever. Once you forgive yourself, that leverage dies. Their opinion loses oxygen.

Reflection Work

- Where do you still punish yourself?
- Write an apology letter to you. End with: "I forgive me. I free me."
- List 3 you hurt and 3 who hurt you. Next to each: "File released."

Final Truth — DonDada Teaches

Self-forgiveness is non-negotiable. Own your shit, cut the chain, and walk out free.

Chapter 6 — The Collective Release

Real Talk

Everybody can be saved, but not everybody will wake up — and that's not your business. Stop dragging sleepers. You'll pull your own soul under.

Let's Talk About It

Your mission: clear your conscience. Drop hate. Drop grudges. Drop files that were never yours. That's how you step into wholeness and end the family loop.

Make It Make Sense

You can't force vision on closed eyes. Some files never open. Free yourself anyway. Your freedom is the pattern break your bloodline needed.

The Truth They Don't Tell You

When you clear your file, you reset the lineage. You stop being the curse carrier. You become the system reset.

Reflection Work

- Who are you still trying to wake up?
- What does your life look like with zero grudges?
- Write your legacy in one paragraph — stuck or free?

Final Truth — DonDada Teaches

No enemies. No hate. Only contracts and lessons. Drop the file and the game can't play you.

Conclusion — The Reset Is the Final Word

Listen. You read the files, enemies, judgments, tests, forgiveness — all of it. If you really read it with your soul, you know what time it is. The reset is here.

I don't got enemies. You don't got enemies. None of us do. We got contracts. We got files. We got loops. Every single one is a test to see if you'll stay a slave to the system or finally say: "Fuck that. This ain't me."

People will talk and judge and try to trap you in their file. Let them. That's their loop.

But you don't have to carry it. This is where you drop the weight. This is where you free your bloodline. This is where you remember: you're not your pain, enemies, past, or file. You're the soul. You're the lion. You're the reset.

Don't leave this book nodding. Live it. Tear up the files. Walk out the loops. And when the system circles back — because it will — stand tall and roar: "Not this time. Not this life. I'm free."

Final Truth — DonDada Teaches

Enemies don't exist. Loops do. The moment you stop looping, you starve the system. Drop the file. Rise. Once you rise, there's no going back.

— DonDada The Resetter

No Enemies, Only Contracts — The Workbook

Hands-On Reset Training with DonDada The Resetter

Introduction — Don't Just Read, Work

This ain't school. This ain't a cute little journal. This is soul training. Don't just read me — work with me. If you half-ass this, you're just looping with a notebook in your hand.

Chapter 1 — The File You Carry

Exercise 1: Loop Mapping — Write down 3–5 loops that keep repeating in your life. What do these loops have in common?

Exercise 2: Drop the File Statement — Write your personal statement: 'This is not me. This is the file. I release it.' Repeat it daily and record how it feels.

Chapter 2 — The Illusion of Enemies

Exercise 1: Enemy Reflection — Write down 2–3 people you call enemies. What are they mirroring back to you?

Exercise 2: Reaction Tracker — For one week, track every time you feel triggered. Did you react or release?

Chapter 3 — The Ones You Judged

Exercise 1: Judgment Journal — Write about a time you judged somebody without knowing them. What story did you tell yourself?

Exercise 2: Tribe or Not? — Make two lists: 'My Tribe' and 'Not My Tribe.'

Chapter 4 — The Tests & The Soulless

Exercise 1: Spot the Test — Write down who in your life feels like a test. What button do they push?

Exercise 2: Pass the Level — Next time they test you, write down how you handled it differently.

Chapter 5 — Self-Forgiveness

Exercise 1: Letter to Myself — Write an apology letter to yourself for carrying your file unconsciously.

Exercise 2: The Forgiveness List — List 3 people you hurt and 3 people who hurt you. Next to each, write 'File released.'

Final Section — DonDada's 7-Day Reset Challenge

Do these in order. No skipping. Day 1: Identify your file. Day 2: Map your loops. Day 3: Write your release statement. Day 4: Forgive yourself. Day 5: Forgive others. Day 6: Pass a test without reacting. Day 7: Write your freedom statement.

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