What if I don’t see progress with re-origin right away?

General FAQs and Resources · https://www.re-origin.com/support/what-if-i-dont-see-progress-right-away

It’s completely normal not to see immediate progress with re-origin.

Brain retraining is a gradual process. Just like building physical strength, neuroplasticity develops through consistent practice over time. Even when changes aren’t immediately visible, your brain is still adapting and forming new neural pathways.

Many members notice subtle early shifts, such as feeling calmer, more resilient, or reacting differently to stress—before larger changes become more noticeable.

How long does it take to see results with brain retraining?

It varies from person to person. Some people notice small changes within weeks, while for others it may take longer. Consistency is the most important factor.

What are early signs that re-origin is working?

Early signs can include feeling slightly calmer, having more awareness of your thoughts, or responding differently to triggers—even if symptoms haven’t fully changed yet.