



The next small step

What is the situation?

Bring the body down before you weigh anything

A flooded body cannot weigh a decision. When the fear spikes, everything looks like a threat, and you will either freeze or bolt. So before you sit with the choice, steady the system: slow the breath, feel your feet, move until the spike drops. You are not talking yourself into anything. You are getting your thinking back online, so the decision is made by you and not by the alarm.

What am I actually afraid of?	Unknown / Don't know if I can	One small step

The one small step I can take this week (small enough to actually do, concrete enough to move me)

When it is done: what did completing it teach me about what I can carry?
