

WB 1.1 — The Now

Expands on Chapter 1 (The Now) in the manual, Chapter 1 in *Shoulder the Bill*.

Purpose The Now Protocol pulls your attention out of a replayed past or a rehearsed future and back to the one place action is possible — the present moment. Use it to break the grip of overwhelm before you try to think or decide.

How to use this page

When: Build your version of this page once, calmly. Then run the protocol in real life whenever you notice you have left the present.

Done when: You have named your own warning signs and written a three-step reset you can do from memory.

Worked example

My warning signs: heart races, I reread the same message, I start rehearsing arguments.

My best three-step reset: name three things I see, slow exhale three times, do one small task.

My one-step action: refill my water glass and drink it slowly.

Anchor Phrase: *'I only need the next step.'*

Protocol: 1. Stop. 2. See 3. 3. Feel 2. 4. Hear 1. 5. Exhale ×3. 6. One step. 7. Close the Loop.

Loop stage: Notice → Name → Ground

My warning signs that I have left the Now (racing mind, replaying the past, rehearsing the future):

Where my body feels this when I am not present:

My best three-step reset:

My one-step action when overwhelmed:

My personal version of this protocol (any adjustments that work better for me):

☐ Self-Reward Loop completed