

## WB 1.4 — The Line

Expands on Chapter 4 (The Line) in the manual, Chapter 4 in *Shoulder the Bill*.

**Purpose** The Line separates then from now. When a present trigger produces a bigger reaction than it warrants, it is usually borrowing charge from an earlier event. This page helps you locate the source and anchor in the present, where you have more resources.

### How to use this page

**When:** Complete reflectively during a calm state, ideally after a reaction that felt larger than the situation. Build the If-Then plan while regulated.

**Done when:** You have connected a current trigger to its root and named one concrete difference between then and now.

### Worked example

*Current trigger: a manager's short email spikes real fear.*

*What it reminds me of: a critical parent; the same drop in my stomach.*

*One difference now: I can ask a clarifying question, and I can leave the job if I choose.*

**Anchor Phrase:** *'That happened before. This is now.'*

**Protocol:** 1. Name feeling + intensity. 2. Match or larger? 3. What does this remind me of? 4. Name one difference.

**Loop stage:** Notice → Name → Narrow

**A current trigger that produces a bigger-than-expected reaction:**

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**What it reminds me of (the earlier event):**

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**One concrete difference between then and now:**

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**One resource I have now that I did not have then:**

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**My If-Then plan for this trigger (If this happens → then I will...):**

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☐ Self-Reward Loop completed