

WB 1.6 — The Sphere

Expands on Chapter 6 (The Sphere) in the manual, Chapter 6 in Shoulder the Bill.

Purpose The Sphere handles uncertainty. Anxiety balloons when actionable worries, not-yet worries, and pure hypotheticals are treated the same. This page sorts them so you act on what you can and park the rest.

How to use this page

When: Use when a worry is consuming attention. Triage it honestly, take the one next step if actionable, and set a real revisit date if it is not yet.

Done when: You have triaged the worry, separated what is in your power from what is not, and named a next step or a revisit date.

Worked example

Uncertainty: 'What if my contract is not renewed?'

Triage: real, but not yet — the decision is six weeks away.

In my power: doing good work now. Not in my power: their budget. Revisit on the 15th.

Anchor Phrase: *'I do not need the whole future. I need the next step.'*

Protocol: 1. Write the worry. 2. Sort: actionable / not yet / hypothetical. 3. Matched response.

Loop stage: Name → Narrow → Act

The uncertainty consuming the most attention right now:

Triage — is it actionable now, real but not yet, or hypothetical?

What is within my power here:

What is not within my power here:

If actionable, my one next step — or if not yet, the date I will revisit it:

☐ Self-Reward Loop completed