

WB 1.8 — The Nexus

Expands on Chapter 8 (The Nexus) in the manual, Chapter 7 in *Shoulder the Bill*.

Purpose A Nexus is a high-impact moment — the kind that reshapes how you see things. This page helps you stabilise first, delay meaning-making until the acute phase passes, and later notice what grew from it.

How to use this page

When: Use during or after a significant event. In the acute phase, focus only on stabilise-and-connect. Return to the growth section weeks or months later, never as pressure.

Done when: You have named what helps you right away versus what should wait, and — only when ready — noted any growth.

Worked example

Where I am: processing, two weeks after the event.

Helps right away: someone sitting with me, no advice. Should wait: big decisions.

What grew (noticed later, not forced): I reached out sooner than I once would have.

Anchor Phrase: *'This is important. We go slowly.'*

Protocol: 1. Stabilise the body. 2. Make it smaller. 3. Stay connected. 4. Simple language.

Loop stage: Notice → Ground → Connect

Where I am with a current or recent Nexus (acute phase, processing, or meaning-making):

My first body response during a Nexus:

What helps me most right away:

What should wait until later:

Only when ready — one strength or insight that grew from a hard event:

☐ Self-Reward Loop completed