

WB 2.1 — Extended Now Practice

Use with Chapter 1 (The Now) in the manual, Chapter 1 in *Shoulder the Bill*. Photocopy for repeated use.

Purpose A longer version of the Now Protocol for when a quick reset is not enough. It walks you through the full grounding sequence and captures what worked so your protocol keeps improving.

How to use this page

When: Use in the moment when overwhelm is strong, or shortly after, while the details are fresh.

Done when: You have run the full sequence and noted one thing that helped and one thing to adjust.

Worked example

What pulled me out: a difficult phone call I did not expect.

See / Feel / Hear: the window, my feet on the floor, traffic outside.

Intensity 8 before, 4 after. What helped most: the slow exhales.

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.

Loop stage: Notice → Name → Ground

What pulled me out of the present moment:

Intensity at the start (0-10): _____

My grounding step — See 3, Feel 2, Hear 1:

☐ Three slow extended exhales completed

The one next step I chose:

Intensity after (0-10): _____

What helped most, and what I would adjust next time:

☐ Self-Reward Loop completed