

WB 2.11b — Rewiring Protocol

Use with Chapter 11 (Trigger Maps) in the manual, Chapter 4 in *Shoulder the Bill*. Rewire one specific response.

Purpose Rewiring replaces one automatic response with a chosen one, repeated until the new response becomes the default. Rather than a daily grid, this page keeps you focused on the single response, the exact cue, and honest reflection on how the rewiring is settling in.

How to use this page

When: Choose one response to rewire. Practise the new response each time the cue appears, and reflect here weekly.

Done when: You have named the old and new response, the exact cue, and reflected at least once on whether it is becoming automatic.

Worked example

Old response: snapping when interrupted. New: one breath, then 'give me a sec.'

The exact cue: someone talks over me mid-sentence.

Reflection at two weeks: it is starting to feel automatic on good days.

Anchor Phrase: 'Map the trigger. Build the exit. Execute before the window closes.'

Protocol: 1. Name old → new. 2. Name the cue. 3. Practise at the cue. 4. Reflect weekly.

Loop stage: Notice → Name

The specific response I am rewiring — old response, and new response:

The exact cue that initiates this response:

Start date: _____

Weekly reflection — how consistently am I using the new response, and what helps:

Is the new response becoming more automatic? ☐ Yes ☐ Not yet — continue

Consistent sleep consolidates the neural change — protect it during rewiring.

☐ Self-Reward Loop completed