

WB 2.15b — Integrated Mind Check

Use with Chapter 15 (Shutdown, Panic, Anger, Grief, and Shame) in the manual, Chapter 11 in *Shoulder the Bill*.

Purpose Good decisions honour both what you know and what you feel. This quick check helps you notice when you are stuck in pure emotion or pure logic, and guides you to a decision from the integrated mind — one you will not regret regardless of outcome.

How to use this page

When: Use before an important decision made under stress.

Done when: You have named what is true, what the feeling says, and a response that honours both.

Worked example

What I know: the deadline is real but not until Friday.

What the feeling says: I am panicking and want to quit right now.

Response that honours both: take tonight off, start fresh with a plan tomorrow.

Anchor Phrase: *‘Match the tool to the state.’*

Protocol: 1. Emotion mind? 2. Reasoning mind? 3. Integrate: honour both.

Loop stage: Name → Ground → Narrow

Am I in pure emotional mind? ☐ Yes → apply TIPP (see WB 1.2) or Body Reset first

Am I in pure reasoning mind? ☐ Yes → ask what the emotion is telling me

What I know is true:

What the feeling tells me:

The response that honours both:

If anyone is not safe right now: call 911, or call or text 9-8-8 (Canada), 24 hours.

☐ Self-Reward Loop completed