

WB 2.6b — Uncertainty Triage

Use with Chapter 6 (The Sphere) in the manual, Chapter 6 in *Shoulder the Bill*. Sort worries into actionable categories.

Purpose Worry becomes unmanageable when everything feels equally urgent. Triage sorts each worry into actionable, not-yet, or hypothetical — then applies the dichotomy of control so your energy goes only where it can do something.

How to use this page

When: Use when worry is consuming attention. Sort honestly, then act on what is actionable and release the rest.

Done when: You have triaged your worries, separated what is in your power from what is not, and named one action and one release.

Worked example

Worry: 'What if I said the wrong thing?' — hypothetical, already passed.

In my power: how I show up next time. Not in my power: their opinion of me.

Action: prepare for the next meeting. Release: replaying the last one.

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

Protocol: Sort each worry: actionable / not yet / hypothetical, then respond.

Loop stage: Name → Narrow → Act

My current worries, each sorted as actionable now, real but not yet, or hypothetical:

Within my power here:

Not within my power here:

One action I will take on what is within my power:

One thing I will genuinely release:

☐ Self-Reward Loop completed