

WB 2.8 — Nexus Post-Event Processing

Use with Chapter 8 (The Nexus) in the manual, Chapter 7 in *Shoulder the Bill*. Complete only when out of the acute phase.

Purpose After a high-impact event, meaning made too early tends to be shaped by the acute state. This worksheet helps you process once the storm has passed — separating what happened from the story you are holding, and noticing genuine growth without forcing it.

How to use this page

When: Use only when you are out of the acute phase — when the event can be thought about without flooding. If you are still acute, return later.

Done when: You have described the event plainly, named what you know now, and checked any growth that has genuinely emerged.

Worked example

The event: a sudden job loss I did not see coming.

What I know now: I found support I did not know I had.

Growth that emerged: I reach out sooner instead of white-knuckling alone.

Anchor Phrase: ‘This is important. We go slowly.’

Protocol: 1. The event. 2. My response then. 3. What I know now. 4. The story I hold.

Loop stage: Notice → Ground → Connect

Current phase: ☐ Acute (return here later) ☐ Processing ☐ Meaning-making

The event — what happened, specific, without minimising or inflating:

My response at the time — what I did, who I reached out to, what I delayed:

What I know now that I did not know at the time:

The story I am holding — and whether it is complete or still shaped by the acute state:

Growth that has emerged: ☐ Strength ☐ New possibilities ☐ Deeper relationships ☐ Appreciation

☐ Self-Reward Loop completed