

## WB 3.1 — Recovery Log

Walk one moment through the full loop. Photocopy for repeated use.

**Purpose** The loop turns a hard moment into learning: Notice, Name, Ground, Narrow, Act, Connect, Recover. This log walks you through all seven stages once, so the sequence becomes familiar enough to run in your head.

### How to use this page

**When:** Use after a difficult moment, once you are settled enough to reflect.

**Done when:** You have moved one situation through all seven stages and credited one win.

### Worked example

*Trigger: a critical comment in a meeting.*

*Notice → chest tightened. Name → 'I feel judged.' Ground → slow exhale.*

*Narrow → reply to one point. Act → asked a question. Connect → texted a friend after.*

**Anchor Phrase: 'One loop at a time.'**

**Protocol:** Notice → Name → Ground → Narrow → Act → Connect → Recover

**Loop stage:** Full loop

**Date:** \_\_\_\_\_ **Situation / trigger:**

**Notice — what I noticed first (body signal, emotion, thought, environment):**

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**Name — what I called it | Ground — the tool I used:**

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**Narrow — how I shrank it to one step | Act — my one step:**

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**Connect — who or what I connected with | Recover — the win I credited:**

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**What worked, and what I would do differently next time:**

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☐ Self-Reward Loop completed