

The Anti-Catastrophe Lab — Workbook

Tiny experiments to tame “the worst” predictions. Light green accents, many places to tick, check, write, and review.

Name and date

Today’s intention

Why this matters right now

Daily core practices

- Morning eyes-open breath and visual sweep
 - Named the mode: prediction, not reality
 - One-unit forward action complete
 - Language swap practiced
 - Micro-exposure held open
 - Five-minute reset completed
 - Evening three-line note written
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Daily tracker (week view)

| Date | Energy (0-3) | Core loop (0-3) | Notes |
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Uncertainty fitness log

| Uncertainty chosen | Time open | Urge to check (0-3) | Reset used | Outcome / learning |
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Reflection on carrying uncertainty

Expectation hygiene — read once out loud

- Uncomfortable and I can stay curious for ten minutes
 - Some will not like it and I can ask for the next step
 - Silence is common and I will send one clear message then return to work
 - I can handle the next ten minutes
 - Data pending, not doom
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Write your own precise sentence

Keep it short. Difficulty + agency in one breath.

Project

Premortem — risks and safeguards

| Specific risk | Early warning sign | Simple safeguard | Owner | Done |
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Closure ritual

- Safeguard implemented
 - Five-minute reset done
 - Brief social check-in sent
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Feared moment (short description)

First steady hour after the blow

| Minute 0-10 | Minute 10-20 | Minute 20-40 | Minute 40-60 |
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Detail that surprised me about recovery

Ground — Label — Move (use during spirals)

- Ground into edges you can see
- Slow exhale longer than inhale
- Feel weight through feet or chair
- Say: prediction, not reality
- One-unit forward action complete

After-action note

| Trigger | Experiment used | Result | Next time |
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Baseline fuel (choose today)

Consistent sleep window protected

Protein + complex carbs before trigger

Hydration within reach at desk

Seven-minute phone-free walk

Daylight break

Body signals I often misread

Weekly summary

| What improved | Where I got stuck | Experiment to repeat | Safeguard to add |
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Kind words to future me
