A ONE-PAGE FIELD GUIDE

Primal vs. Powerful

Your nervous system runs in one of three gears, and the one you live in most quietly sets your ceiling. Learn to spot each one, then use the loop below to shift on purpose.

PRIMAL

Fight or Flight

FEELS LIKE

Revved, scattered, defensive. Calls itself "busy" or "driven."

SOUNDS LIKE

"I just need to push harder."

SHOWS UP AS

Snapping, rushing, taking things personally, never fully off.

PRIMAL

Shutdown

FEELS LIKE

Heavy, foggy, disconnected. Too tired to start.

SOUNDS LIKE

"I'll get to it later."

SHOWS UP AS

The email read four times, the call never returned. Not laziness: protection with the volume turned down.

POWERFUL

Calm, Clear, Connected

FEELS LIKE

Steady and unhurried. Most like yourself.

SOUNDS LIKE

"I can handle this."

SHOWS UP AS

Responding instead of reacting. Acting before you feel ready. Getting calmer under pressure.

The loop: Catch → Challenge → Change

Catch

Name the state out loud or in your head: "I'm braced right now." Naming it loosens its grip.

→

Challenge

Ask for the evidence. Is this true now, or just familiar? A feeling, however loud, isn't proof.

→

Change

Do one thing differently next: a breath, a pattern interrupt, one small action that fits who you're becoming.

Two resets you can use today

The 3-Breath Reset

Before a hard call or conversation, take three slow breaths. On the third exhale, silently say, "I am here now."

The State Check

Three times a day, ask: "What state am I in right now, and who am I being from it?" No fixing. Just seeing.

You're not stuck. You're set. And settings change.

Want the full map?

Primal to Powerful walks you through all eight stages of the identity shift.

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