DAY 4

Rewiring

Your emotions become allies



Today the 3D will push back. It always does. A message that bad number. A photo you hate. That's not a sign. It's old ligh

Three protocols: what to do in the first two minutes, how to stop checking without going crazy, and the net that lets you walk without fear.

1. Watch the masterclass
2. Do today's protocols
3. Read the examples for your theme
4. Keep going in the app

1 Masterclass · When the 3D Says No



Your 15-minute masterclass

The 3D is old light: it shows who you were months ago. There's always a lag between changing and seeing the change. Fear is noise, not a forecast. You'll learn the Two-Minute Rule, the Glance Rule and the Net, plus what to do when you slip.

When the video ends: go to today's protocols ↓ *(Protocol 08: The Two-Minute Card · Protocol 09: The Glance Rule · Protocol 10: The Net)*

2 Today's protocols

PROTOCOL 08

The Two-Minute Card



⏱ 10 minutes to write · 2 minutes each time

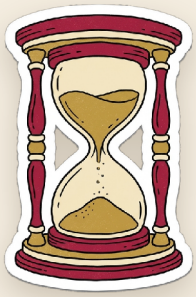
📌 Write it today. Use it every time the 3D slaps you.

The worst decisions happen in the first two minutes. Delete everything. Text him at 9 p.m. Quit the plan. Buy the course.

After two minutes, the wave is usually smaller. You can still feel it. You just aren't driving with it. You don't have to stop the wave. You just have to not make decisions while you're under it.

The steps

1. **Phone down. Timer: 2 minutes.** Don't type. Don't scroll. Don't decide.
2. **Breathe out long. Shoulders down.** Longer out than in. Unclench your jaw. Your body can't stay in full panic when your muscles are loose.
3. **Name it.** Say: "This is old light." Or "This is the lag." Out loud if you can.
4. **Ask one question.** "Can I act on this today?" Usually no. If yes (a bill, an email), write the action down.
5. **Do one move.** The smallest one. Draw for two minutes. Say your sentence once. Text a friend.



2:00

Phone down. Breathe out long. "This is old light."

Your card *saved on this device*

The 3D slap I'm most scared of

What I'll say

My smallest move

Rehearsed in my head (twice)

Chloe, day 9

- *The slap: a photo of him at a party.*
- *Phone face down, two minutes, long breaths out.*
- *"This is old light." Can I act on it today? No.*
- *Move: ten minutes of drawing. She didn't text. The wave passed at minute four.*

Done when...

The card is written and in your phone case or wallet.

You rehearsed your worst slap twice in your head.

You know your smallest move by heart.

When you slip anyway

Never miss twice. One miss is an accident; two is the old habit coming back. Write it in one line, find the trigger, reach one notch up (not "amazing", just slightly better), do the smallest move within 24 hours.



PROTOCOL 09

The Glance Rule

⏱ 10 minutes to set up · 📌 Today. Phone out of the bedroom tonight.

Checking never works. The thing you want doesn't move faster because you look at it. But every check feeds the Loop: it teaches your brain that it's not here yet.

The Glance Rule: you pick a fixed time to look at the thing you want, you glance instead of stare, and the rest of the time the answer is "not now, at my glance time."

The steps

1. **Count today.** A tally mark for every check of the thing you want.
2. **Pick your glance time and length.** Depending on how fast the thing really changes. Bank app: once a week. Mirror: morning and before going out. A profile: once a week, or never. Five minutes, with a timer.
3. **Add three kinds of friction.** Log out. Mute. Move the app off your home screen. A sticky note on the mirror.
4. **Write your "not now" line.** "Not now. At ___." Your brain can handle "later." It panics at "never."
5. **Phone out of the bedroom.** Tonight. A cheap alarm clock costs less than one sleepless night.

Your card *saved on this device*

What I check

_____

Checks today

My glance time and length

My three frictions

My "not now" line

Sam's Glance Rule

- Checks: the bank app, 24 times a day.
- Glance time: Sunday 6 p.m., 10 minutes, with his budget sheet.
- Frictions: logged out, app in a folder, notifications off.
- "Not now. At Sunday 6." Day 2: 9 checks. Day 7: 2.

Done when...

You counted your checks.

Your glance time is written down.

Three frictions are in place.

Phone out of the bedroom tonight.

Glance, don't stare

Glance at your car's dashboard and you know your speed. Stare at it and you hit a tree.



PROTOCOL 10

The Net

20 minutes · Today, not on a "good day."

When you want something too badly, every day feels like a test you could fail. Fear makes you grab, check and push. People feel it.

Tightrope walkers practice with a net. Not because they plan to fall. Because without the net, the fear makes them fall. The Net: you accept the failure once, on purpose, you build a Plan B, and then you stop thinking about either outcome and simply walk.

The steps

1. **Write the worst case.** "If it doesn't happen, here's exactly what my life looks like." What does Monday look like? Be specific.
2. **Write Plan B.** "If that happens, here's what I do next." At least two concrete steps.
3. **Add a basket.** One more door to the same feeling (remember the six doors from Day 1).
4. **Finish the sentence.** "It wouldn't be the end of the world because..."
5. **Fold the paper. Put it away.** You're done worrying about this one. Then do one move. Walk to the mailbox.

Your card *saved on this device*

Worst case: what Monday looks like

Plan B (two concrete steps)

One more door

It wouldn't be the end of the world because...

Priya's Net

- *Worst case: "I don't get into Lyon. I cry for a weekend. I still live at home. I still draw."*
- *Plan B: apply to two other programs this year; if none work, a year of freelance and courses, then apply again.*
- *"It wouldn't be the end of the world because I'd still be a designer. Just in a different building."*

Done when...

You looked at the worst case once, in writing.

Plan B has at least two concrete steps.

Your sentence is finished.

The paper is folded and put away.

Want it, don't need it

Detaching is not giving up. You still want it fully. You just stop making it the only door, so you can walk instead of grab.

3 Examples · Two-Minute Card + Glance Rule + Net

Thirty-six real slaps from the 3D, and what to do with them. Find the one you fear the most, and rehearse it.



Love & relationships

Nobody can make another person love them, and nobody should try. The love examples are about wanting someone with an open hand: you work on what's yours (your feeling, your actions), and you leave the other person free.

He posts a story with someone

TWO MINUTES

Phone down. "Old light." Move: call her sister.

GLANCE RULE

His profile: never. Muted.

NET

...because I'd still have my friends, my drawing and my word to myself.

"Seen" and no reply

TWO MINUTES

No second message. "This is the lag." Move: a ten-minute walk.

GLANCE RULE

Messages: 12 p.m. and 7 p.m.

NET

...because I'm learning to be enough without a reply.

A date cancels

TWO MINUTES

No "I knew it." Breathe. Move: say yes to the friend's dinner instead.

GLANCE RULE

Dating app: 20 minutes on Sunday only.

NET

...because there are other people, other evenings.

The fight with her partner

TWO MINUTES

No door slamming. "Can I act on this today?" Yes: one calm sentence tomorrow.

GLANCE RULE

No rereading old messages.

NET

...because we've repaired before.

The ex is engaged

TWO MINUTES

Timer. Long breaths. Cry if needed. Move: text her best friend.

GLANCE RULE

Unfollowed. For her, not against him.

NET

...because my love life didn't end with him.

The friend doesn't call back

TWO MINUTES

"People get busy." Move: invite someone else for coffee.

GLANCE RULE

Call log: not a scoreboard.

NET

...because I have more than one door to belonging.



Money

The overdraft alert

TWO MINUTES

No panic buying, no doom scrolling. "Can I act today?" Yes: call the bank.

GLANCE RULE

Bank app: Sunday 6 p.m.

NET

...because I know my numbers and I have a plan.

A client says no

TWO MINUTES

No discount email. Move: send one new pitch.

GLANCE RULE

Inbox: 9 a.m. and 4 p.m.

NET

...because one no is one data point.

An unexpected bill

TWO MINUTES

Write it down. Payment plan? Move: one call.

GLANCE RULE

Mail: opened every evening, at the table.

NET

...because I've paid bills before.

No raise this year

TWO MINUTES

No resignation letter tonight. Move: write three wins.

GLANCE RULE

Job sites: Saturday, 30 minutes.

NET

...because my skills go with me.

Zero sales on launch day

TWO MINUTES

No deleting the page. "This is the lag." Move: talk to one customer.

GLANCE RULE

Sales dashboard: once a day, 8 p.m.

NET

...because launches grow, they don't explode.

The house offer refused

TWO MINUTES

Breathe together. Move: tell the agent what you learned.

GLANCE RULE

Listings: Wednesday and Saturday.

NET

...because there are other houses, and we're still saving.



Work, career & exams

The rejection email

TWO MINUTES

No "I'm not good enough." Move: draw for ten minutes.

GLANCE RULE

Portal: once a day at 6 p.m., decision season only.

NET

...because I'd still be a designer. Just in a different building.

A bad grade

TWO MINUTES

No quitting. "Can I act on this?" Yes: ask the teacher what was missing.

GLANCE RULE

Grade app: Friday.

NET

...because one grade isn't the year.

Passed over for promotion

TWO MINUTES

No angry email. Move: book a feedback meeting.

GLANCE RULE

LinkedIn: Sunday, 15 minutes.

NET

...because my experience counts here and elsewhere.

Ghosted after an interview

TWO MINUTES

"This is the lag." Move: apply to one more company.

GLANCE RULE

Email: 9 a.m. and 5 p.m.

NET

...because I have five other applications going.

Failed the driving test

TWO MINUTES

No "never again." Move: book the next lesson.

GLANCE RULE

No replaying the mistake at night.

NET

...because most people pass on the second try.

A harsh comment on her work

TWO MINUTES

No deleting the post. Move: show it to one person she trusts.

GLANCE RULE

Comments: once a day.

NET

...because one comment isn't my value.



Body & self-image

A bad photo

TWO MINUTES

Don't zoom. Phone down. Move: say your sentence.

GLANCE RULE

Photos: no reviewing for a week.

NET

...because people remember the moment, not the angle.

The scale goes up

TWO MINUTES

"Water and salt, not failure." Move: a 20-minute walk.

GLANCE RULE

Scale: once a week, Monday.

NET

...because I'm watching the trend, not the day.

A comment about her weight

TWO MINUTES

No eating it away. Move: call a kind friend.

GLANCE RULE

Mirror: morning and before going out.

NET

...because my worth isn't a number.

A breakout before the event

TWO MINUTES

Hands off the face. Move: get ready, go.

GLANCE RULE

Mirror: twice a day.

NET

...because nobody looks as hard as I do.

Missed a week of training

TWO MINUTES

No "I always quit." Move: ten push-ups now.

GLANCE RULE

Fitness app: Sunday.

NET

...because never miss twice starts today.

The clothes don't fit

TWO MINUTES

Not in the fitting room spiral. Move: wear what's comfortable today.

GLANCE RULE

No trying on old jeans.

NET

...because my body changes, and that's allowed.



Health & well-being

The health examples are about calm, sleep, habits and following your care. Nothing here replaces a doctor. Your thoughts didn't cause an illness, and thinking alone won't cure one. Use this to feel steadier and act better. And keep your medical follow-up. Always both, never one instead of the other.

A sleepless night

TWO MINUTES

No clock-watching. "One night isn't a pattern." Move: slow breath.

GLANCE RULE

Clock turned around.

NET

...because I've had good nights after bad ones.

The panic comes back

TWO MINUTES

Long breaths out. "This passes." Move: name five things he can see.

GLANCE RULE

No googling symptoms. Questions go to his doctor.

NET

...because I've survived every panic so far, and I have help.

A craving

TWO MINUTES

The two-minute wave. Move: walk around the block.

GLANCE RULE

Count smoke-free days, once a day.

NET

...because one cigarette doesn't erase the days.

A worrying test result

TWO MINUTES

No forums. "Can I act today?" Yes: call the doctor.

GLANCE RULE

Health portal: when the doctor says.

NET

...because I'm taking care of it with people who know.

A flare-up of pain

TWO MINUTES

No "it's hopeless." Move: the gentle stretch, rest.

GLANCE RULE

Pain diary: one line at night.

NET

...because I've had good days after bad ones.

Exhausted again

TWO MINUTES

No double espresso spiral. Move: water and a ten-minute rest.

GLANCE RULE

Energy score: one number at night.

NET

...because I'm changing what I can, and checking the rest with a doctor.



Confidence & self-worth

She blanks in a meeting

TWO MINUTES

No replaying it all evening. Move: write the point she meant to make.

GLANCE RULE

No rereading the meeting chat.

NET

...because everyone has blanked once.

She said yes again

TWO MINUTES

"Can I act on this?" Yes: "I can't after all."

GLANCE RULE

Calendar: planned on Sunday.

NET

...because people survive a no.

Criticized at work

TWO MINUTES

No defending. Move: write what's useful in it.

GLANCE RULE

Feedback: read once, then filed.

NET

...because I'm good at my job and still learning.

The post got no likes

TWO MINUTES

Don't delete. "This is the lag." Move: post again next week.

GLANCE RULE

Stats: Sunday.

NET

...because the first hundred posts are practice.

A family remark at dinner

TWO MINUTES

No arguing. Breathe. Move: change the subject.

GLANCE RULE

No replaying the dinner at night.

NET

...because I know why I chose my life.

A visa or plan delayed

TWO MINUTES

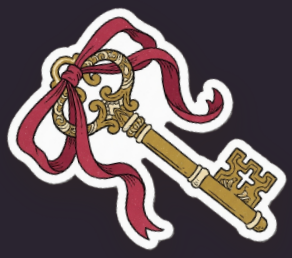
No cancelling everything. Move: one Portuguese lesson.

GLANCE RULE

Application status: Monday.

NET

...because the plan is late, not dead.



Keep your Two-Minute Card in the app

One tap opens the two-minute timer with your card. The app also counts your checks so you can watch them drop.

Tomorrow: everything comes together in one daily routine. Twenty-seven minutes. And the three moves that make you the person before the thing shows up.

This program is educational. It is not medical, psychological or financial advice, and it does not replace a professional. If you're struggling, reach out to a doctor or a local helpline.