

CAUGHT YOURSELF AVOIDING?

Find your way back.

THE NEST AVOIDANCE RESET

Get curious before you push. Make the task smaller.

N

NOTICE THE DETOUR

What am I doing instead?

Scrolling? Researching? Reorganizing? Planning without beginning?

E

EXPLORE THE FEELING

If I begin, I might have to feel...

Bored? Confused? Trapped? Exposed? Disappointed? Overwhelmed?

S

SEPARATE FACTS FROM PREDICTIONS

What do I know? What am I predicting?

The feeling is real. The prediction is not automatically a fact.

T

TAKE THE SMALLEST NEXT STEP

What would count as brief contact?

Open it. Find the number. Read one part. Work for three minutes.

Contact counts.

OPEN IT. FIND IT. READ ONE PART. STOP ON PURPOSE.

You can return without turning this into an emergency.