

Your Signal Log

Your Signal Log is where you track the moments your system speaks. The point isn't to interpret the signal but to record it, so your patterns become visible over time.

What to log

Only what the system does, not why: the first sensation, which signal it was, its volume (quiet, moderate or loud) and any interruption or restoration that followed.

How to log

Keep entries short, simple and physical:

LOG IT LIKE THIS

Fog, everything flat · Numbed

Drop in stomach · Overridden

Soft pull forwards · Quiet

When to log

As close to the moment as you can, or later in a quiet moment. One word is enough. Over a few weeks, you'll see which signals repeat and which steps bring you back fastest.

The next 10 pages hold 20 log entries. You're welcome to photocopy them for your own use. Digital-edition buyers also get a printable Signal Log in A4 and US Letter.

DATE · TIME

VOLUME QUIET · MODERATE · LOUD

FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

INTERRUPTION (IF ANY)

WHAT I DID

ONE SENTENCE

DATE · TIME

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