

Fast Lookup Index

Find the line that sounds most like right now. Don't overthink the choice; the first one that lands is usually right. Turn to that entry in the book and start with the Low-Capacity Lane.

IF IT FEELS LIKE...

IT MAY BE

TOO FAST

'I need to understand this right now.' Thoughts racing ahead of the body.	Overthought
'I need to do something, but I don't know what.' Speed with no target.	False Urgency
'Something is happening. This is too much.' An alarm in a moment that's actually neutral.	Panic-Coded
'I need to fix this now.' Your reaction is bigger than the moment.	Overcorrected
'I know this is true, but it feels too big.'	Amplified

TOO MUCH

'I can't hold all of this.' Many feelings at once, none clear.	Overloaded
'I know something is here, but I can't feel it.' Fog, dullness.	Numbed
'I'm back here again.' The same thought or feeling, round and round.	Looping

TOO LATE

'I knew, but only afterwards.' The truth arrived hours or days later.	Delayed
'I didn't feel it then, but I feel it now.' The emotion hit you later.	Delayed Reaction

PUSHED DOWN

'I felt it, but I didn't listen.' A quiet no you walked past.	Overridden
'I can't let this out.' Pressure held under the surface.	Suppressed

NOT MINE

'I feel this, but I know it isn't mine.' You took on someone's state.	Borrowed
'I'm reacting like them.' Copying someone's tone or pattern.	Mimicked
'I don't know what I feel.' The room drowned you out.	Environmental Override

TORN

'Both of these feel true.' Two feelings pulling you apart, like love and fear.	Split
'I want it, but I shouldn't.' A clear yes shut down by a no.	Contradicted

CLEAR

'This feels true, quietly.' A small, calm nudge you almost missed.	Quiet
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'I'm back online.' Something you couldn't feel has come back.

Recovered

This index isn't a diagnosis. It points you to the page that best matches your state.

Too much to choose? Go straight to the Grounding Exit on page .