

My SHAT Moment

SHAT HAPPENS

MY SHAT MOMENT Choose a moment—not your whole life. What happens right before the old reaction? What would you rather remember to do?

THE MOMENT

Choose one real moment — not your whole life.

RIGHT BEFORE IT

What happens just before the old reaction?

OLD REACTION

What do I usually do?

WHAT I WOULD RATHER REMEMBER TO DO

Untangle the Moment

SHAT HAPPENS

UNTANGLE THE MOMENT Separate FACTS • FEELINGS • STORY • CHOICE so the Action Anchor targets the right problem.

FACTS

What do I actually know?

FEELINGS

What am I feeling?

STORY

What am I adding, assuming, or predicting?

CHOICE

What is actually mine to choose?

Action Word Lab

SHAT HAPPENS

ACTION WORD LAB Start with verbs: Pause, Ask, Check, Clarify, Wait, Move, Write, Choose, Listen, Speak, Return, Ground.

VERBS THAT FIT

Pause • Ask • Check • Clarify • Wait • Move • Write • Choose • Listen • Speak • Return • Ground

MY BEST ACTION WORDS

Which verbs sound like me and point to action?

WORDS THAT ARE FILLER

What sounds clever but does not tell me what to do?

Build My SHAT

SHAT HAPPENS

BUILD MY SHAT Use 3–5 genuine actions or reminders. Reject filler words. Read it aloud. If you stumble, simplify.

MY SHAT CUE

Build from 3–5 genuine actions/reminders.

S

H

A

T

READ IT ALOUD

Where do I stumble? What can I simplify?

Storm Test

SHAT HAPPENS

STORM TEST + IF-THEN PLAN IF ____ happens / I notice ____, THEN I use my SHAT cue ____ and begin with _____. Build a minimum rescue action too.

IF THIS HAPPENS / I NOTICE

THEN I USE MY CUE

WHAT FELT NATURAL

WHAT NEEDS CHANGING

SMALLEST VERSION

7 Day SHAT Field Test

SHAT HAPPENS

7-DAY FIELD TEST You are testing the tool, not grading your character. If a letter is useless in real life, change it.

WHAT I AM PRACTICING

Name the signal, action, cue, or return you want to test.

MY MINIMUM VERSION

What counts on a low-capacity day?

MY CUE

When will I remember to use it?

7-DAY TRACKER

DAY 1 ____ DAY 2 ____ DAY 3 ____ DAY 4 ____ DAY 5 ____ DAY 6 ____ DAY 7 ____

WHAT I LEARNED

Keep • Change • Drop

My SHAT Card

SHAT HAPPENS

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Action Anchor • Lighthouse Next Step

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

Carry Home Cup

SHAT HAPPENS

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Action Anchor • Lighthouse Next Step

TEA LEAF

What did I notice or learn?

DROP OF HOPE

What feels possible, useful, or worth carrying?

ANCHOR

What do I want to remember when real life gets loud?

LIGHTHOUSE NEXT STEP

What is one small next action?