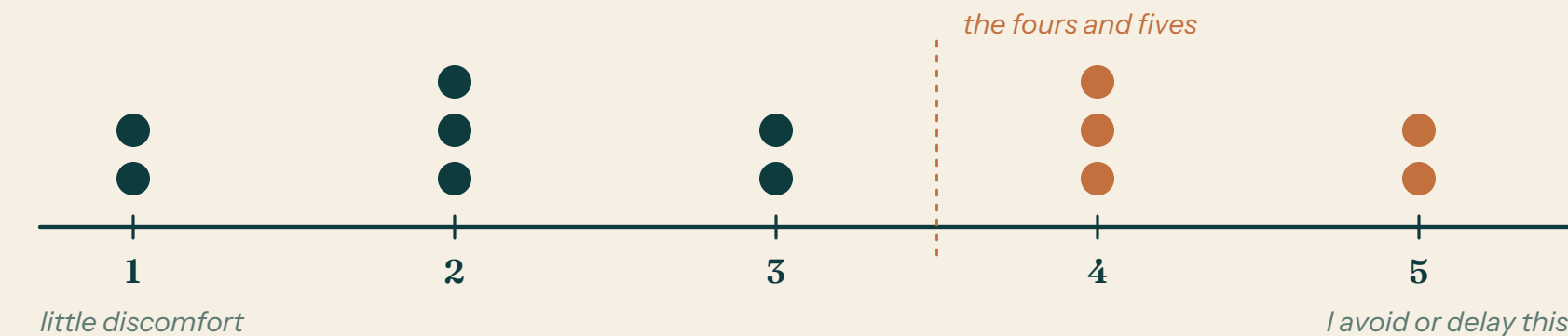


The Discomfort Map

Twelve situations, rated from one to five.
The fours and fives are the map.



WHAT THE FOURS AND FIVES HAVE IN COMMON

Exposure

being seen failing, being wrong, or not knowing

Uncertainty

acting without full preparation or knowing how it will land

Conflict

disagreement, disappointment, pushback, or tension

- Is my first response protecting the work, or protecting me from the room?

Then pick one four or five, small enough to practise on this week, and write one My Move for it.