

The Ballast Method

Four beats, in order, whenever the anxiety rises.

1. **READ** — One honest sentence: *"This anxiety is about _____."*
(Or, just as valid: *"No target found."* That's a reading too.)
2. **CHECK** — What is it good for, here? *What is it preparing? What is it protecting? What is it pointing at?*
Something real → that's signal. Nothing findable → usually overload or an old pattern, not a present threat.
3. **TRIM** — One small adjustment. One.
Found something real: one act toward it — a note, a message, fifteen minutes of preparation, the first sentence of the avoided conversation.
Found nothing: tend the state instead — a long exhale, food, a walk, the thought written down and given an appointment.
4. **SAIL** — Do the thing, with the anxiety still running.
You are not waiting for the feeling to pass. Calm is not the requirement. The weight rides low and does its work while you do yours.

Sometimes the loop takes seven minutes, sometimes seventy seconds. You'll run it hundreds of times — that's the point. It's not a cure; it's a technique.