

The Weather Check

Is this anxiety signal or noise? Five questions, in order.

1. **Can I find a target?** *"This is about _____."*

No target after an honest minute → it's **load** or **phantom**. Stop here: the move is maintenance, not investigation. (Slept? Eaten? Been scanning feeds? Had an hour that belonged to you?)

2. **Is the response proportionate to the stakes?**

Much bigger than the situation explains → ask *"What does this remind me of?"* A jolt of recognition means **old anxiety** wearing today's clothes. Today deserves attention — just not this much, and not this flavor.

3. **Has it survived sleep?**

Still pointing at the same thing after a night and a normal morning → take it more seriously. Dissolved, or migrated to a different worry → the content wasn't the point; the activation was looking for a home.

4. **Does it point to an action?**

Real signal implies something doable: a question, a number to check, a conversation, an appointment. If it only demands more laps of thinking, it's overthinking — the loop has nothing left to give.

5. **Exit — act, or care for the state.**

Signal: schedule the action, today or tomorrow. The anxiety earned its keep.

Noise: feed the body, close the feed, breathe, sleep on time — and let the alarm ring without dispatching the fire trucks.

Money dread with no number attached is history, not accounting. A body worry that points at a checkable thing wants one appointment — not a season of 3 AM searching.