

SELF-PSYCHOLOGY

BE YOUR OWN PSYCHOLOGIST

A COVERT OPERATIVE'S GUIDE TO READING, STABILIZING,
AND STEERING YOUR OWN MIND.

34.0522° N
118.2437° W

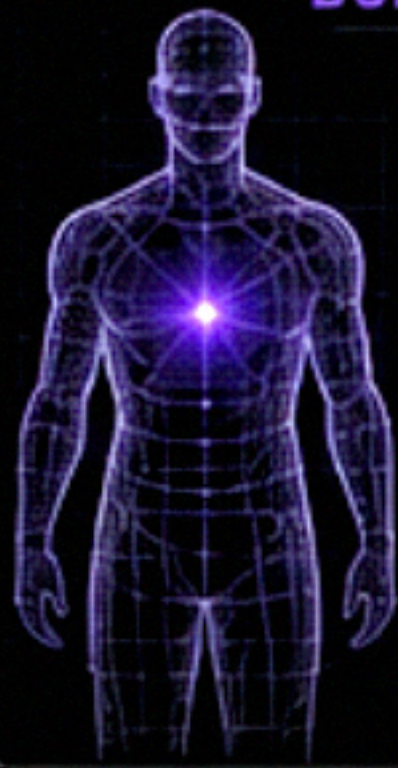
OPERATION:
INNER DOMAIN



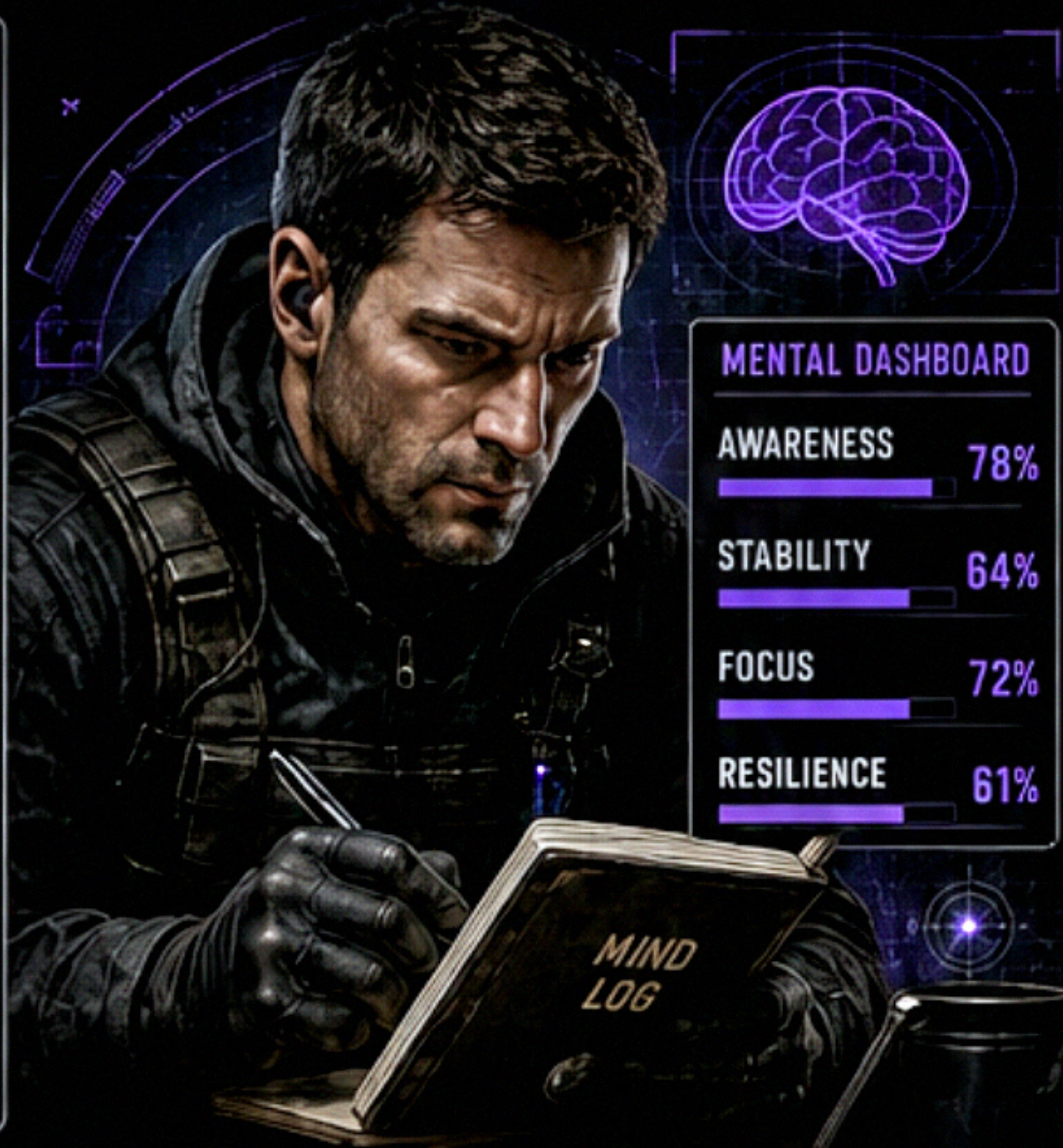
1 RUN A SELF-ASSESSMENT

- Name the current state: calm, tense, angry, distracted, depleted.
- Score it 1–10 for stress, clarity, and control.
- Separate facts from assumptions before reacting.

BODY & MIND STATUS



STRESS 5 / 10 **7**
CLARITY 5 / 10 **6**
CONTROL 5 / 10 **4**
SCALE: 1 = LOW 10 = HIGH



MENTAL DASHBOARD

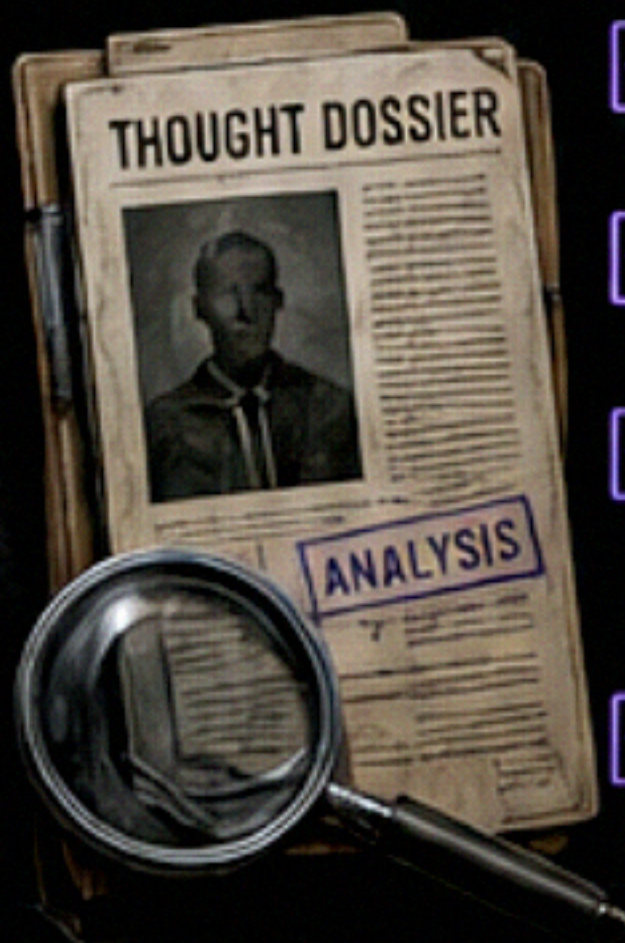
AWARENESS 78%
STABILITY 64%
FOCUS 72%
RESILIENCE 61%

2 FIND THE TRIGGER

- Ask: what event, thought, memory, or person activated this shift?
- Identify the exact moment your state changed.
- Triggers lose power once they are made visible.



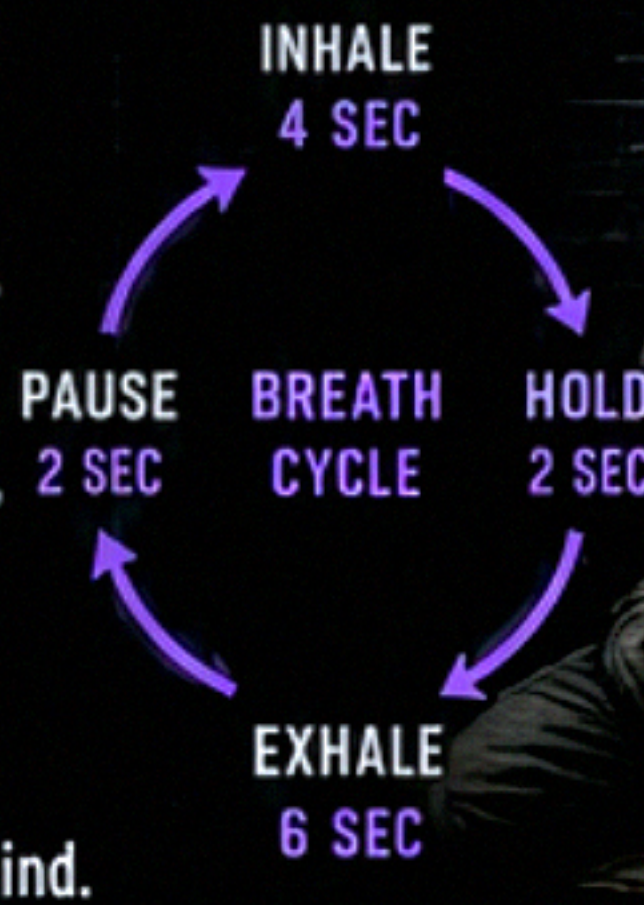
3 INTERROGATE THE THOUGHT



- ✓ What evidence supports this thought?
- ✓ What evidence weakens it?
- ✓ Am I predicting, exaggerating, or personalizing?
- ✓ What is the more accurate reading of the situation?

4 REGULATE THE BODY

- Breathe slowly and lengthen the exhale.
- Release jaw, shoulders, and hands.
- Hydrate, change posture, and reduce sensory overload.
- A steadier body produces a steadier mind.



FIELD TOOLS

- Emotion labeling
- Breath reset
- Reality check
- Written debrief
- Short walk or reset break

5 REFRAME THE NARRATIVE

- Replace emotional story with a clear operational statement.
- Move from "I am overwhelmed" to "I am under strain and can stabilize."
- Use language that is precise, calm, and useful.

I AM OVERWHELMED. THIS IS TOO MUCH.

MISSION NOTE
I AM UNDER STRAIN AND CAN STABILIZE. I WILL FOCUS ON THE NEXT RIGHT STEP.

6 DEBRIEF YOUR PATTERNS

- Track repeated stress points, recurring mistakes, and reliable strengths.
- Notice who drains you, what restores you, and when judgment slips.
- Pattern recognition turns mood into intelligence.

DATE	STRESSOR / SITUATION	PATTERN	IMPACT	NOTE
05.10	LACK OF SLEEP	REACTIVE	HIGH	↑
05.12	CRITICISM	DEFENSIVE	MED	↑
05.14	RUSHED DECISIONS	ERRORS	HIGH	↑
05.16	TEAM CONFLICT	IRRITABLE	MED	→
05.18	DISCIPLINE ROUTINE	FOCUSED	LOW	↓

7 ISSUE YOURSELF A PLAN

- Define the next step, not ten steps.
- Choose one action for the next 10 minutes.
- Set a fallback option if conditions worsen.
- Good self-guidance is simple, specific, and immediate.



8 KNOW THE ESCALATION SIGNS

- Seek outside support when sleep collapses, panic keeps escalating, or dark thoughts persist.
- If functioning is breaking down, bring in a professional ally.
- A covert operative values support when the mission exceeds solo capacity.



ESCALATION ALERT

YOU ARE NOT A LIABILITY.
YOU ARE AN ASSET. PROTECT YOURSELF.
BRING IN SUPPORT.



OPERATIVE PRINCIPLE

“YOUR MIND RESPONDS BETTER WHEN IT IS OBSERVED CLEARLY, SPOKEN TO ACCURATELY, AND DIRECTED WITH INTENT.”

