Discover Your Soul Self
Awaken. Reflect. Become Whole.

What Path Is My System Running?

A practical worksheet for understanding an automatic reaction, noticing where awareness can enter, and building new evidence.

Use this when a reaction feels bigger, faster, or more automatic than you expected.

The aim is not to judge yourself or force a different reaction. It is to understand what happened before the behaviour, what your system expected, and what evidence you created.

The path we are mapping

Old information › **Filter** › **Attention** › **Prediction** › **Preparation** › **Behaviour** › **Evidence**

How to use this worksheet

Choose one specific moment and keep returning to that same moment. The examples throughout follow a simple situation: you send someone a message and they reply only, “Okay.” You notice yourself worrying that they are upset with you.

Your experience may be different. Use the examples to understand the questions, not as answers you are supposed to copy.

THE MOMENT I AM INVESTIGATING

What happened? Who was involved? What was the automatic reaction I noticed?

This is a reflective model, not a diagnosis. Some situations genuinely require protection; the goal is to respond to the information that is actually present.

1. What Actually Happened?

First separate the event from the meaning you gave it.

Present information

Present information is what you could directly observe: the words spoken, an action, a change in the environment, or a sensation in your body. This is different from your explanation of why it happened.

Example — the short reply

You received the reply “Okay.” Your stomach tightened. Those are observations. “They are angry with me” is a possible interpretation, not something you know from those two facts.

WHAT ACTUALLY HAPPENED?

What did you see, hear or feel? What facts would a camera or recording capture? What did your body do first?

Why this matters

If you start with “They were annoyed,” you may unknowingly put the prediction into the facts. Starting with what happened gives you a clearer place to investigate from.

2. Old Information and the Filter

The present event may connect with something your system learned earlier.

Old information

Old information is previous learning, experience, rules or expectations your system may draw on. You do not need to remember a specific childhood event to recognise a familiar rule.

Example — the short reply

You may have learned that short replies often meant someone was angry, that you needed to keep others happy, or that silence meant you had done something wrong.

WHAT OLD INFORMATION MIGHT BE INVOLVED?

What familiar rule or expectation does this remind me of? When have I felt something similar?

Filter

A filter is the lens through which old information influences what seems important or what meaning you give the present event. A filter is not proof that your interpretation is wrong; it is something to check.

Example — the short reply

Through a “people are upset with me” filter, the short reply may stand out as a warning, while the possibility that the person is busy gets less attention.

WHAT FILTER MIGHT I BE LOOKING THROUGH?

What meaning did I give this event immediately? What other explanations are possible?

3. Attention and Prediction

What did your filter draw you toward, and what did you expect next?

Attention

Attention is what your mind or senses selected as important. When something feels significant, it can pull attention away from other information.

Example — the short reply

You keep looking at the single word “Okay,” replaying its tone in your head, and checking whether the person is online.

WHAT GRABBED MY ATTENTION?

Was it a word, expression, tone, silence, body sensation or imagined consequence? What did I stop noticing?

Prediction

A prediction is what your system expects could happen next. It might be accurate, inaccurate or uncertain. The useful question is: what am I treating as if it is already about to happen?

Example — the short reply

You predict: “They are disappointed. They will pull away. I need to make this right.” None of that has happened yet.

WHAT AM I EXPECTING TO HAPPEN NEXT?

Finish this sentence: “If I do nothing, I think…” What do I actually know about that outcome?

4. Preparation and Behaviour

The prediction may trigger readiness before you consciously decide what to do.

Preparation

Preparation is how your body and mind get ready for the predicted outcome. It can involve tension, rehearsing, scanning, explaining, fixing, shutting down or becoming very alert.

Example — the short reply

Your chest tightens. You mentally draft a long explanation, reread the conversation and try to find what you might have done wrong.

WHAT IS MY BODY OR MIND PREPARING FOR?

What sensations, thoughts or urges appeared? What did they seem designed to prevent?

Behaviour

Behaviour is the action you take, or the action you hold back. It is often the part you notice first, even though several stages may have come before it.

Example — the short reply

You send another message explaining yourself, apologise when you do not know that you did anything wrong, or withdraw to avoid a possible confrontation.

WHAT DID I DO, OR FEEL URGED TO DO?

What did I say, send, avoid, fix, agree to, or stop myself from doing?

5. Evidence — What Did the Outcome Teach?

The action and its result may reinforce the old loop or give you new information.

Evidence

Evidence is what your system takes from what happens next. Sometimes a familiar action brings relief and strengthens the idea that the action was necessary. Other times, an unexpected outcome challenges the prediction.

Example — the short reply

You send a long explanation and feel temporary relief. Your system might conclude, “Explaining kept things safe,” even though you do not know whether there was a problem. Or you wait, and the person later replies normally, providing different evidence.

WHAT KIND OF EVIDENCE DID MY ACTION CREATE?

What actually happened next? What did I conclude? Does the outcome prove my prediction, or could there be other explanations?

Important distinction

Relief is real, but it does not always prove that the predicted danger was real. And a prediction that turns out to be accurate deserves to be taken seriously. The aim is to gather clearer evidence.

Map the Whole Automatic Path

Return to your one situation. Write a few words at each stage to see the sequence together.

Present event

What actually happened?

Old information

What had I learned?

Filter

What meaning did I apply?

Attention

What stood out?

Prediction

What did I expect?

Preparation

How did I prepare?

Behaviour

What did I do?

Evidence

What did I learn?

The Six Questions to Catch the Process

These are the six questions from the video. They can be used in the moment or afterward.

1. What actually happened?

Separate the fact from the interpretation.

2. What grabbed my attention?

Find the detail your attention selected.

3. What am I expecting to happen next?

Name the predicted consequence.

4. What is my body preparing for?

Notice your body sensations and urges.

5. What am I about to do?

Identify the action you are moving toward.

6. What kind of evidence will that action create?

Ask what this choice might reinforce or help you learn.

6. Where Awareness Can Enter

Awareness does not require the old process to disappear. It gives you an opportunity to participate.

Notice › **Pause** › **Check the present** › **Choose** › **New evidence** › **Prediction updates**

What this looks like

You notice the urge to send a second message. You pause and ask: “What actually happened?” The answer is a short reply. “What am I predicting?” That they are upset. “What do I know right now?” Only that they sent a short reply. You may choose to wait, ask a simple question, or respond appropriately to what is known.

Awareness is not another rule

You do not have to wait every time, and you do not have to do the opposite of your old habit. You are checking the present and choosing rather than treating the prediction as certainty.

WHAT ACTUALLY HAPPENED?

Write the observable facts.

WHAT AM I EXPECTING TO HAPPEN?

Name the prediction.

WHAT DO I ACTUALLY KNOW RIGHT NOW?

What information is available?

WHAT RESPONSE IS AVAILABLE?

What would be appropriate to this actual situation?

7. Self-Trust Through Follow-Through

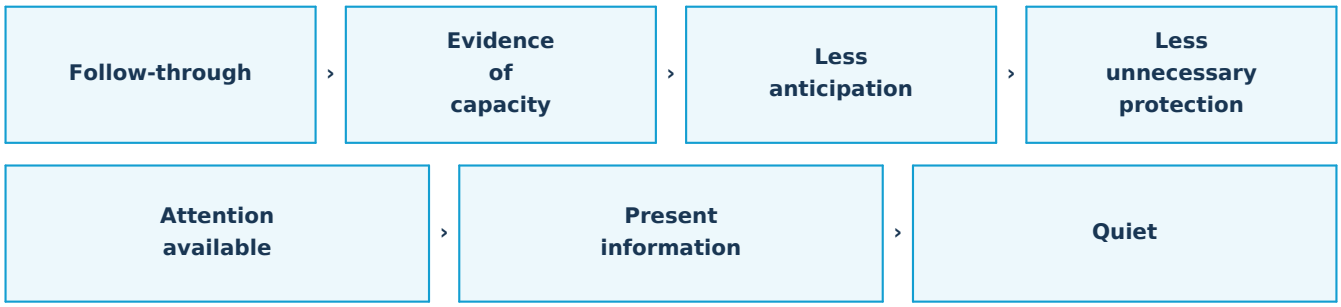
New evidence becomes more meaningful when your actions repeatedly show you what you can handle.

Self-trust is not just telling yourself “I trust myself.” In this framework, it develops through repeated experiences of noticing, choosing, following through and handling what happens next.

Example — the short reply

You decide not to send an automatic apology. You tolerate the uncertainty, continue your day, and respond when you have more information. Whether or not the person was upset, you have evidence that you can stay with uncertainty and act when action is needed.

The self-trust path



WHAT DID I HANDLE?

What did I do that required capacity, courage, honesty or patience?

WHERE DID I FOLLOW THROUGH?

Did I listen to a need, hold a boundary, repair something, or take action?

WHAT WILL I PRACTISE NEXT?

Name one small, realistic action that could create useful evidence.

8. When Protection Is Actually Needed

The goal is not to remove protection. It is to make it more responsive to what is happening now.

Relevant information › **Senses online** › **Capacity available** › **Appropriate action** › **Completion** › **Stand down**

What this means

If someone clearly threatens you, a boundary is being crossed, or there is a genuine emergency, protection may be useful. Attention sharpens, you assess what is happening, take appropriate action, and eventually allow the event to finish. Protection does not have to mean panic.

Example — a real problem

Instead of an ambiguous “Okay,” imagine the person clearly says, “I am upset about what happened.” Now you have present information. You can listen, ask what they mean, set a boundary if needed, or address the issue. The action is based on what is actually happening.

WAS PROTECTION NEEDED?

What present information made action appropriate?

WHAT ACTION HELPED?

What did I do to respond to the actual situation?

WHAT WOULD COMPLETION LOOK LIKE?

How will I recognise that no further action is needed right now?

The Whole Framework — Five Steps

Keep this page as a reference after you have mapped a reaction.

1. Old protection runs

Old information can shape the filter, attention, prediction, preparation and behaviour.

2. Awareness notices

You recognise the process and check what is happening now.

3. Choice creates new evidence

You respond with more information and see what actually follows.

4. Follow-through builds self-trust

Repeated congruent action gives you evidence of your capacity.

5. Protection becomes more precise

Your system can use protection when needed without staying unnecessarily on guard.

Final reflection

WHAT DID I DISCOVER ABOUT HOW I RUN?

What was the earliest point I noticed? What will I do differently next time?

Awareness creates choice. Follow-through builds self-trust. Self-trust builds evidence of capacity. Protection can become more precise. And sometimes, what is left is quiet.