



Check in on every alarm
(fearful thoughts & feelings)

**Does this alarm
signal real danger?**

If so,

- what can I do to prepare myself?
- take that action

If not,

- recognize it is your mind's job to warn you of what could go wrong (not what will)
- let the alarm sound in the background (do not struggle to turn it off)
- intentionally focus on what's important now (WIN)