

**DOWNSHIFT • REG-002 • 1/2**

[ Make notes • Make it yours >> ]

Not every situation needs more throttle.

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Sometimes the next useful move is:

slower lower softer steadier

Quick signs you may need a downshift:

- rushing • jaw/throat tension • tight breathing
- speed-stacking input • irritation
- scattered/tunneled focus

Notes ^

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**DOWNSHIFT • REG-002 • 2/2**

[ Make notes • Make it yours >> ]

Insert options:

- longer exhales
- small top-off inhale + sigh
- loosen / adjust shoulders
- reduce pace 5%
- widen visual awareness
- unclench hands or jaw

other options >

Small downshifts ↓ ↘

can prevent larger corrections later.

You do not need to stop  
to regulate effectively.

ROTATE • REVISE • RETURN

**ZSB | 2026**