

FACT <> STORY • CAL-003 • 1/2

[Make notes • Make it yours > >] ⓘ

Stress can speed up storytelling.

Pause briefly.

What do you actually know?

What are you:

assuming predicting filling in

amplifying mind-reading

Facts matter.

Stories shape reactions.

Load, urgency, and old patterns
can distort the signal.

Field notes ^^^

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FACT <> STORY • CAL-003 • 2/2

[Make notes • Make it yours > >] ⓘ

Quick calibration check:

What evidence supports this?

What evidence does not?

Am I reacting to:

- facts • *tension* • pressure
- old patterns • imagined outcomes

Not every story is wrong.

But not every story is true.

Separate:

FACT <> STORY

Dial in the response.

Respond with proportion.

Field Examples ^^^