Future-Fear Filter

A 60-second check when things feel urgent.

If it feels urgent, you're allowed to pause.

1) What's the moment?

Today's demand (what just happened / what's being asked):

2) Am I responding to today… or fear about the future?

Circle one:

○ Today (this moment, this task, this environment)

○ The future (what I'm scared this means)

If this is future-fear: slow down before you speed up.

3) What story is my fear telling?

What am I afraid this means about their future?

What do I actually know today (evidence)?

Ground the moment before you label the future.

4) Safety check (before progress)

Is their nervous system safe enough to try right now?

☐ Yes   ☐ Not yet   ☐ Recovering

What would safety look like first? (tick any)

☐ Predictability/preview   ☐ Smaller step   ☐ Support/co-regulation
☐ Sensory support   ☐ Recovery time   ☐ Connection first

5) One kind next move (tiny + doable)

The smallest safe next step is:

What stays the same:

Micro-script: "Not yet doesn't mean not ever." • "We're safe." • "Same expectation, different pathway."

Progress follows safety.