Evening Reflex Review

Review the judgments that fired today and sort inherited reflex from direct perception.

YOU NEED

your grimoire, a pen, fifteen quiet minutes

THE WORKING

1. Write down three moments today when a judgment of right or wrong fired fast.
2. For each one, note if it came charged, fast and rigid, or calm and fitted to the situation.
3. Mark the charged ones as likely inherited reflex.
4. For one marked moment, write what was in front of you without the label.
5. Write one moment when you saw a reflex fire and chose your response anyway.

WRITE IT DOWN

Write the count of reflexes you marked and the one you looked at without the label.

LOOK AGAIN

After seven evenings, compare the counts and note how many moments of chosen response the record holds.

> *“Every evening, the practitioner reviews the day's moral reflexes.” · On Good and Evil*