The Ten Second Count

Put space between a rising charge and your response so you choose what you do.

YOU NEED

a notebook, a pen

THE WORKING

1. When heat rises in the chest or the jaw tightens, count to ten before you act or speak.
2. During the count, do nothing but count.
3. At ten, ask if this is a real boundary crossing or a small stimulus.
4. If it is real, respond with plain, measured force.
5. If it is small, let the charge pass without acting on it.
6. Run this every time the charge rises, for seven days.

WRITE IT DOWN

Each night, write how many times you counted and what you chose after each count.

LOOK AGAIN

On day eight, compare the first three days with the last three for how often the count came before the act.

> *“ten seconds is enough. In ten seconds, the intellectual center has enough data to evaluate” · DEVIL: The Hellish Self*