

## Self Management Toolbox

### **How Do I Know My Beaker is Filling?**

Give me a show of hands who among you have been given a million different ideas of what to do once your beaker start to overflow. OK. Now tell me who can remember any of those things once your beaker actually is starting to overflow. (chuckles) Yeah, me neither. Made me feel stupid. And other people thought then, uh, I, I, just couldn't be bothered, I mean, I hated that. I mean of course we can't remember what to do in the moment once our beakers are full, you know, and if you, the more our beakers fill, the more it drowns out our brains, harder it is to think. A good early warning system it doesn't actually cue us to signs of anger, what it does cue us to are some of our different beaker fillers because you know, once, ah, once, once, we're getting angry our beaker's probably already pretty full and, and it's getting to be too late. Um, signs of an early warning system might be things like starting to get sweaty or more of your tics coming out, maybe, um, getting really quiet and starting to chew your nails. Going back, um, to my, uh, original example, forma little earlier when I was talking about I figured out that my leaky brakes over my thoughts makes it hard for me to shift and handle surprises. What that meant is that an important part of my own early warning system is to recognize that my thoughts are starting to get a little stuck on, you know, a particular idea of how I want the day to go. No, you know, whether you're in the club or not, everyone pretty much reacts the same once they start to feel overloaded. I mean, uh, you know, their bodies probably get tighter, you know, the shoulders might raise, the hands might clench, um maybes they're clenching their jaw a little bit more, um, they might be starting to talk a little louder or a little quicker. You know, maybe their eyebrows are starting to get close together, you know, that would be an empty beaker, but that would be a full beaker. Um, also whether you're in the club or not, everyone, um, you once their beaker is starting to get full everyone starts doing things to try and keep any more stuff from being put in their beaker. So they might put their heads down, uh, they might start talking to, uh, other people less or breaking eye contact with them. The only difference between really club members and , and other folks, is that people are probably going to see this sort of thing a lot more often in club members simply because our beakers are fuller on average and so we tend to spend life a little closer to the brim. Learn to recognize your own unique early warning system and break that cycle of empty beaker, filling beaker, explosion, empty beaker, filling beaker, explosion. All of those ideas people have given you they really will work as long as we have a system in place to use those things before our beaker's too full and we can't thing. Always remember, use your strategies before you need your strategies, then you'll never need your strategies. I'm Dr. Dunc...telling you...stick that tool in your toolbox.