

Action Tilt Prompts

Take micro-movements toward self-support, without pressure.

When this might help:

- You want to move but pressure shuts you down
- You're choosing the smallest next step

The practice:

- "What would 2% more regulation look like right now?"
- "What would I do if I wasn't afraid, just one tiny piece of it?"
- "What's the smallest version of movement I can honour today?"

Gentle fallback: 2% counts. Smaller than feels worthwhile is the right size.