

Micro-Visibility Practice

Practise showing up without shrinking, in small, nervous-system-safe ways.

When this might help:

- You're performing calm and it's costing you
- You're with someone whose nervous system you trust, even partially

The practice:

Pause before you perform calm.

- Say, "I'm not okay, and I'm not ashamed of it"
- Let your real tone stay in the room

Gentle fallback: Letting your real tone stay in the room is enough. No words needed.