

Soft Entry Practice

A shutdown-sensitive re-entry for freeze states or low-motivation days.

When this might help:

- Freeze states or low-motivation days when starting feels impossible
- You've been calling yourself lazy

The practice:

- Hand on chest or neck
- "I'm not lazy. I'm paused."
- One gentle cue: open blinds, sip water, move fingers

Gentle fallback: Hand on chest. That's the whole practice if it needs to be.