

Spiral Awareness Tracker

Capture the shift from reactivity to relationship.

When this might help:

- You're mid-recovery and this spiral feels different
- You're building a record of how your returns are changing

The practice:

- "What's different about how I'm meeting this spiral?"
- "What do I know now that I didn't before?"
- "What's getting softer, even if it's still hard?"

Gentle fallback: One line: "What's getting softer?"