

# Spiral Feedback Reflection

*Track nervous system shifts without judgement.*

## When this might help:

- Just after a spiral, looking for the feedback instead of the failure
- You're tempted to treat a wobble as proof of being broken

## The practice:

- "How did I respond differently than I used to?"
- "What message might my system be sending me right now?"
- "What's the feedback, not the failure?"

Gentle fallback: One question: "What's the feedback, not the failure?"