

The Spiral Flip

A reframing tool for when a thought has hooked you and you can feel yourself dropping into it. Not positive thinking. Not denial. A small move that loosens the grip.

When this might help:

- A specific thought is repeating
- You can name the spiral but can't stop it
- You're catastrophising and you know you are

The practice:

Catch the spiralling thought. Then run three steps:

- **Name it.** Say the thought out loud or write it down, exactly as it sounds in your head. *"I'm going to lose my job and never recover."*
- **Flip it gently.** Not to the opposite, that won't land. Flip it to a *kinder true thing*. *"I'm worried about my job, and worry is what my system does when it cares."*
- **Anchor.** Add a phrase that holds you while the thought passes. *"I've been here before. I came back. I will again."*

The flip is not a fix. The thought may come back. That's fine. You're not trying to delete it. You're teaching your system that you have a way to stand next to it without being inside it.