

# MENTAL HAND HISTORY OS

Sourced from *Wired to Win*, Ch. 13 + 16

## MENTAL HAND HISTORY · 5 STEPS

Tendler · *Wired to Win* Ch. 13

### 01 · TRIGGERING SITUATION — FACTUALLY

**What happened, no emotional language yet.**

*Edit out interpretation.*

### 02 · EMOTIONAL RESPONSE — NO JUDGMENT

**What you felt, in specific vocabulary. Not why.**

*Specific words surface the cascade.*

### 03 · TILT TYPE — FROM TAXONOMY

**Pick one of the seven. Most specific fits.**

*Activates the right correction.*

### 04 · UNDERLYING FLAWED BELIEF

**What did I believe that produced this response?**

*Be brutal. Ugly version = accurate version.*

### 05 · LOGICAL CORRECTION — OWN WORDS

**Replace the flawed belief with one that's true.**

*Save them. They become your first-aid kit.*

THE HUMAN FREQUENCY · FIND COMMON GROUND

### PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

### READ THE FULL PAGE

[thehumanfrequency.net/human-os/mental-hand-history](https://thehumanfrequency.net/human-os/mental-hand-history)

For the mechanism, the protocol, and citations.