

I Might be Wrong Spiral™: A 3-Step Reflective Micro-Tool

When you're wired to anticipate what could go wrong, decision-making can feel like a trap. Type 6 patterns (and leadership pressure) combine into a storm of second-guessing, especially when outcomes are unclear. In these moments, your brain is working overtime to ensure safety, not necessarily accuracy. This tool helps you step out of the swirl, reconnect with your lived wisdom, and take aligned action even when clarity isn't perfect. Trust builds not in grand leaps, but in small, steady acts of self-validation.

When trusting in your own judgment fades under pressure, doubt can spiral into paralysis. This reflective tool supports the shift from anxious second-guessing to confident discernment.

Step 1: Notice the Doubt Loop

"I'm overthinking again, what am I trying to avoid?"

- What might be driving my hesitation right now?
- Who am I trying to please or protect?
- Is this doubt offering useful caution or just noise?

This step catches the moment your doubt becomes over-analysis, giving you space to pause instead of spiral.

Step 2: Anchor the Context

"What do I know from lived experience?"

- When have I faced a similar decision and handled it well?
- What values or priorities do I want this to reflect?
- If I had to act in the next 10 minutes, what would I choose?

This step shifts your focus from imagined risk to real wisdom, grounding your choices in personal truth, not fear.

Step 3: Commit to a Confident Step

"What does a grounded action look like?"

- Choose one next step to test your direction, not perfection. Just real.
- Share it or act on it, even if it's small.
- Name the intention: "I choose this with clarity, not certainty."

What the difference?

Clarity is when your choice feels aligned, even if it's uncertain. It's presence-led, not panic-led. Certainty demands control, guarantees, and often keeps us stuck.

This step matters because action disrupts overthinking and builds self-trust through movement, not by waiting for perfect certainty.

"I choose clarity, even when certainty is not available"

With practice, this tool helps you build a steady rhythm of self-trust, not by removing all doubt, but by learning to walk with it. The goal isn't to eliminate uncertainty, but to lead from aligned center even when the future is unclear. Each small, conscious action becomes a vote for your inner authority.