

YOUR BATTLE TODAY

ANXIETY

You live on high alert. A tight chest, shallow breathing, an alarm that keeps ringing even when you can't say why.

I

WHAT'S HAPPENING TO YOU

You live on high alert. A tight chest, shallow breathing, an alarm that keeps ringing even when you can't say why.

It isn't a character flaw, and it isn't something you have to live with. It's a battle, and battles can be trained for. The Stoics knew this one two thousand years ago and left a method for fighting it.

II

WHAT THE STOICS SAY

Epictetus summed it up in one line: it isn't things that disturb us, but the judgments we make about them. Anxiety almost never responds to what is happening; it responds to what your mind says could happen.

The Stoics don't ask you to stop feeling the alarm. They ask you to look it in the face, to separate the fact from the opinion, and to come back to the only thing in your hands: what you do in the next ten minutes.

> *"If you are pained by anything external, it is not the thing itself that troubles you, but your judgment about it. And it is in your power to wipe that judgment out."*
>
> MARCUS AURELIUS · MEDITATIONS, VIII, 47

III

YOUR EXERCISE FOR TODAY

Fact and judgment 10 MINUTES

Do it today, with paper and pencil. Write right here: what gets written down gets done far more often than what only gets thought.

I On a sheet of paper, write down what's worrying you, exactly as it sounds in your head.

II Below it, make two columns. On the left, only the facts: what a camera could record. On the right, what your mind adds: "it's going to go wrong," "I won't be able to."

III Circle one single action that is up to you, and do it today. Cross out the rest.

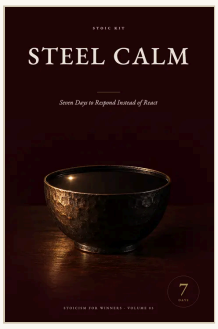
When the alarm comes back, ask yourself: is this a fact or a judgment?

IV YOUR SEVEN-DAY PLAN

One practice a day. Check it off when you've done it.

DAY 1	Fact and judgment: today's exercise.	☐
DAY 2	Before you open your phone in the morning, three slow breaths and one question: what is up to me today?	☐
DAY 3	Take your main worry and split it into two lists: what is up to you and what isn't.	☐
DAY 4	A ten-minute walk with no screen, quietly naming what you see.	☐
DAY 5	Write down the worst realistic scenario, and what you'd do the next day if it happened.	☐
DAY 6	A whole day without news.	☐
DAY 7	Review: of this week's alarms, how many were facts and how many were judgments?	☐

V YOUR NEXT STEP



THE STOIC'S LIBRARY · NO. 03 · WINE EDITION

Steel Calm

Seven days with the Stoics' emergency buttons: what to do in the minute the alarm goes off, and how to train a calm that doesn't depend on the day.

masterstoic.netlify.app/library/steel-calm

THIS HELPS TOO

Logbook · 90 Days

Five minutes in the morning and five at night to hold on to that calm for three months.

THE FOUNDATION OF EVERY BATTLE

The Stoic Code

21 days with Marcus Aurelius, Seneca and Epictetus to separate what is up to you from what is not.

Personal development grounded in Stoic philosophy. It is not a substitute for help from a mental health professional.