023 The Contraction Loop

Perspective Fieldbook · https://kb.jeffreysummers.com/docs/023-the-contraction-loop-2/

The Demand

Tomorrow, catch yourself the moment you reach for the dashboard as your only read. Before you accept the number as the whole story, name what it isn't telling you — the Guest who almost didn't come back, the cast member who's already checked out. That one pause is the exit ramp off the Contraction Loop. Take it once, deliberately, and notice what you would have missed.

The Work

Check your last five decisions against the six beats of the Contraction Loop:
1. Read from the dashboard only
Did this run on Road 1 last week? (yes/no):
Evidence:
2. Read from a distance
Did this run on Road 1 last week? (yes/no):
Evidence:
3. Fog substituted for a named decision
Did this run on Road 1 last week? (yes/no):
Evidence:
4. No real gate before acting
Did this run on Road 1 last week? (yes/no):
Evidence:
5. Acted on the first available fix
Did this run on Road 1 last week? (yes/no):
Evidence:
6. Never went back to read the actual result
Did this run on Road 1 last week? (yes/no):
Evidence:
The beat where you are most often catching yourself on Road 1:
The moment tomorrow where you will reach for the dashboard as your only read — name it before

it happens:

The pause you will take instead, and what you expect it to reveal: