

The 15-Minute Control Audit

Use one real pressure. Write quickly and specifically. The aim is not to eliminate uncertainty; it is to recover your next deliberate choice.

1 Name the pressure

What is happening? Use observable facts before predictions or conclusions.

2 Divide the field

IN MY CONTROL

My choices, preparation, effort, words, boundaries, and next action.

OUTSIDE MY CONTROL

Other people, past events, final outcomes, timing, and uncertainty.

3 Choose one deliberate action

What useful action can you take in the next 15 minutes?

4 Use the Stoic Pause

STOP

Interrupt the automatic move.

BREATHE

Create one moment of attention.

NAME

Separate the event from your judgment.

CHOOSE

Act from values and what you control.

Turn reaction into a response

5 Separate fact from interpretation

WHAT A CAMERA COULD VERIFY

Describe the event without motives, forecasts, or global judgments.

THE STORY I AM ADDING

What am I assuming, predicting, or deciding this means?

6 Prepare the response

If the difficult outcome occurs, how will you meet it without abandoning your values?

7 Close the loop tonight

- Where did I respond deliberately?

- Where did impulse take over?

- What one response will I practice next time?



Continue the practice

This worksheet is a companion to Keep Calm and Stoic On. The full book develops ten practical Stoic techniques for modern pressure.

BOOK: [amazon.com/dp/B0F8YLWFX3](https://www.amazon.com/dp/B0F8YLWFX3)

Educational material, not medical or mental-health advice