

My brain is learning to cope

Slow and steady wins the race. Simplicity is the alliance. The Bubble is the container.



THE BUBBLE

A what-if does not arrive as a problem. It arrives as a bubble.

You can see it. You do not get in. You do not pop it by arguing. You do not hang a department on it. You do not ask what is hiding behind the fruit. The thought is allowed to float. You stay on the path.

1 A thought appears.

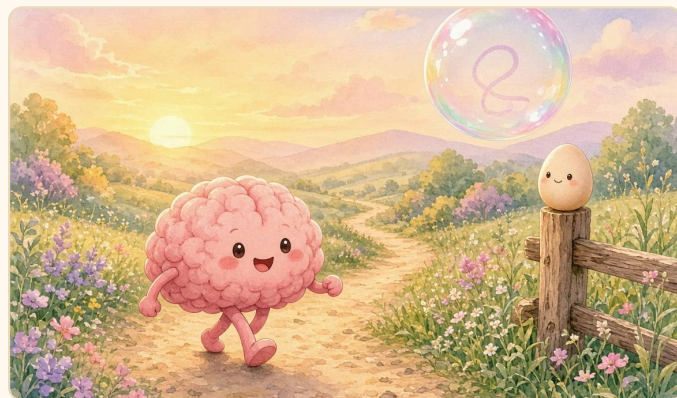
Something pops into your mind: What if...? That is the bubble forming. Not a riddle. Not a door that has to be opened.

2 The body reacts.

Racing heart. Worry. Fear. Panic. That part is allowed. You do not have to pretend the cloud is not there. The cloud is inside the bubble. You are not.

3 Feeding it grows the loop.

More thinking, more theoretically, one more inspection — that is climbing into the bubble. The more you engage, the stronger it grows. This is kindling. For Matthew this can become the old addiction loop. Do not play it.



4 Let it stay in the background.

Notice the bubble. Acknowledge it. “I see you. I am not getting in.” Then gently shift attention to the path you are actually on: coffee, the room, the next small step, Leeds.

5 It passes on its own with time.

Like a cloud inside a bubble, it moves through and fades. You do not have to make it go away. You only have to stop cooking it.

THE EGG

Sometimes an egg is just an egg. It does not need to be fried, scrambled, poached, boiled, or added to a recipe. Sometimes a banana is just fruit. Sometimes rain is just weather. I don’t need to overthink it. I keep it simple and keep going.

WHAT IF PROTOCOL • CIRCUIT BREAKER

Do not play the hypothetical.

Name it. Refuse the premise. Stop the content. Return to the room. Return to first job. If the sentence is “but just theoretically, what if the butterfly is hidden behind the banana” — Absolutely no. Coffee. Leeds. The Bridges may help him smile. They must not help him spin. The joke is not the organ.

**Simple.
Helpful.
Enough.**

A pause. A breath. A better choice.

Some days are harder. That is allowed.
What matters is coming back to the path.
Small steps. Real progress.
Trust the process — not the bubble.