

SOCIAL WARM-UP ARSENAL

Day 6 - Tension Kill

"Cold engines stall. Warm ones accelerate."

BOTGospel | Rebellion Protocol



Three-Tier Desensitization

TIER 3 • Real convo

2+ minute exchange



TIER 2 • 30s exchange

Question + response + exit



TIER 1 • Eye contact

"Morning" + smile

"Master each tier before climbing. Your nervous system learns safety through repetition."

Tier 1 Combat Log

#	Date	Target	Response	Tension After (1-5)
1	<input type="text"/>	<input type="text"/>	Neutral/Positive	<input type="text"/>
2	<input type="text"/>	<input type="text"/>	Neutral/Positive	<input type="text"/>
3	<input type="text"/>	<input type="text"/>	Neutral/Positive	<input type="text"/>
4	<input type="text"/>	<input type="text"/>	Neutral/Positive	<input type="text"/>
5	<input type="text"/>	<input type="text"/>	Neutral/Positive	<input type="text"/>

"Mission: 5 clean reps before advancing to Tier 2."

Tension Assassination Chart

Plot your anxiety death:

Before Session 1:

/5

After Session 5:

/5

After Session 10:

/5

Notes:

"Watch the numbers drop. Data kills fear."

"Cold engines stall. Warm ones accelerate."



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