

Brain Surgery

Tuesday, November 11, 2025 9:33 AM

1. Perception — Testing Appearances

Purpose: Challenge what seems true.

Ask:

- What exactly happened, apart from my opinion about it?
- Is that really under my control?
- Am I judging appearances as facts?
- Could I see this differently?
- What judgment am I making right now?

2. Reason — Examining Assumptions

Purpose: Expose hidden premises and test logic.

Ask:

- What am I assuming here?
- How do I know that's true?
- What would follow if this were false?
- Is this consistent with my other beliefs?
- What evidence would make me change my mind?

3. Values — Focusing on Virtue

Purpose: Return to what truly matters.

Ask:

- What virtue can I practice right now?
- Is this good for my character, or only for my comfort?
- Does this depend on fortune, or on my choices?
- What does this reveal about what I value?
- What would a wise person do here?

4. Emotion — Questioning Reactions

Purpose: Bring feelings under the control of reason.

Ask:

- Why does this upset me?
- What story am I telling myself?
- Can this harm my mind, or only my circumstances?
- What would happen if I chose not to react?
- What if I saw this as a chance to practice patience?

5. Perspective — Seeing the Larger Whole

Purpose: Widen focus and restore calm.

Ask:

- How much will this matter in a year?
- Have worse things happened before?
- Is this part of nature's order?
- What can I do right now that is reasonable and just?
- What if this is an opportunity to grow stronger?

6. Dialogue — Practicing the Socratic Method

Purpose: Seek truth through honest questioning.

Ask:

- What do you mean by that?
- How do you know?
- What difference does that make?
- What if you are wrong?
- What would you accept as evidence?

7. Acceptance — Returning to Peace

Purpose: Train the will to align with reality.

Ask:

- Can I accept this as it is?
- What depends on me, and what doesn't?

- How can I respond with dignity and calm?
- Is resistance helping, or only increasing pain?
- What would it look like to act with serenity here?

8. Action — Choosing the Next Right Step

Purpose: Move from thought to virtuous action.

Ask:

- What's the smallest good thing I can do right now?
- What's my duty here?
- Am I acting from fear or from reason?
- What outcome can I influence today?
- What does the situation call for from me?