

Unit 9.6: Problem Selection Filter (Pre-Module 4 Bridge)

≡ Components	Activity Instructions Reading Written Assignment
≡ Duration	25 min
≡ Notes	Dopamine vs gut vs fear for 3 problems. Must discard at least one idea on purpose. Teaches restraint (200+ words reflection)
✓ SOU Evidence	<input checked="" type="checkbox"/>
⌚ Section	Module 3
⌘ Status	Not Started
≡ Subsection	Restraint Practice