

The Practice Pack

STOIC CONTROL · Lucas Zaccaro

These are the sheets for the moves that need more room than a book page can give. Print what you need, as many times as you need. If you bought the book you already paid for these.

Each sheet names the move it belongs to. The instructions are in the book — this is only the space.

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1 · The Two Columns

Move 1

The whole sort. One situation, split by the only question that matters: is there an action of mine that changes this?

The situation, in one line — no adjectives

MINE — what answers to what I do

NOT MINE — what does not answer to me, at any price



Move 2

Week of: _____

Day	Hours spent	What it cost me
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

What those hours would have bought

Move 3

[illegible]

stoicoperatingsystem.com

And what do I lose with that?

Has this happened to someone I know or have heard of?

Did they survive it?

What was left of them on the other side?

If this happens, the first thing I do is —

If the sentence you wrote is genuinely large — a person, a body, a marriage, a whole life you built — this move has done its job by telling you that this is not a logistics problem. It is anticipatory grief, and grief asks for something else: presence, people, time, and sometimes professional help. Do not run an allocation tool on top of it.

`{=latex}\newpage` ## 5 · The Audience

Move 9

For the conversation that already ended and keeps coming back. The names have to sit visibly side by side — that is the whole reason this sheet exists.

The scene, in three lines, the way a camera would record it. No improved version.

Name	Where they are today	When I last spoke to them

What this scene taught me that I still use is —

The thing I would do differently today is — (*present tense — not “I should have”*)

{=latex}\newpage ## 6 · Your Protocol

Move 20

Fourteen moves turned into four decisions already made. Fill this in after you have run at least five moves on real situations. Review every three months.

MY SIGNAL THAT IT HAS STARTED — what my body or my behaviour does before I notice

DAYTIME — standing up, no materials, five seconds

Move no. _____ Name _____

The trigger: when I notice I am _____

AT NIGHT — lying down, in the dark, head working badly

Move no. _____ Name _____

The trigger: when I notice I am _____

WHEN THERE IS NO WAY OUT — the Storm, nothing available

Move no. _____ Name _____

The trigger: when I notice I am _____

THE LOSS UNDERNEATH ALMOST EVERYTHING (*from Move 8*)

Review this sheet on: _____

POCKET CARD — cut along the line, fold, carry

The four moves and nothing else.

1	2	3	4