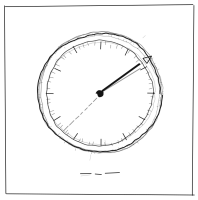
The Thermostat

FROM CHAPTER 24



Decide two numbers in advance, on a day when you are thinking clearly. Then hold both, regardless of how any particular day feels. Set the thermostat. Stop reading the thermometer.

THE CEILING

How many expensive things in a week. Expensive means whatever your own Receipt says it means.

Find a recent week that did not end in a crash. Count its expensive items. That number, or slightly under, is your ceiling.

Set it after a crash, not during a good stretch. During a good stretch nothing looks expensive.

Set it lower than feels reasonable. The number that feels slightly insulting is usually right. Raise it in three months, from evidence.

My ceiling: expensive things a week. Set on: _____

THE FLOOR

How many genuinely restorative things you protect in that week, including the weeks you do not feel like it. Not a minimum of work. A minimum of the walk, the game, the thing you were absorbed in. Use the Fake Rest sort to know which of yours are real.

My floor: real rest things a week. _____

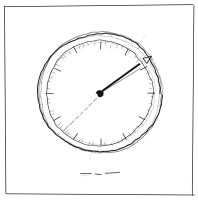
IF CHAPTER 7 WAS YOURS

If your crashes arrive a day or two after the effort, wildly out of proportion to it, with a recovery that drags on far too long, the rules are different for you. Take the ceiling. Leave the floor. Do not hold a minimum on a bad day, and do not do the thing anyway. The guidance for your situation is more specific than any book can give. It exists in current clinical guidance and it is worth asking for by name.

INSTRUMENT TWO · TWO WEEKS PER PAGE

The Thermostat: the week

FROM CHAPTER 24



Week of: _____ Ceiling: Floor: _____

DAY	EXPENSIVE THINGS TODAY	REAL REST TODAY
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Week total. Expensive: of a ceiling of Real rest: of a floor of _____

Week of: _____ Ceiling: Floor: _____

DAY	EXPENSIVE THINGS TODAY	REAL REST TODAY
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

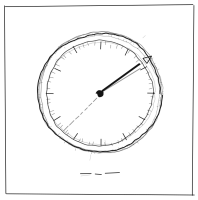
Week total. Expensive: of a ceiling of Real rest: of a floor of _____

Going over the ceiling is data, not failure. A week that ran four over tells you something specific about that week. Look at what made it four. Do not reset the number during a crash. That is a mood making a decision.

INSTRUMENT TWO · FOR THE LONG ONE

The Thermostat: the season

FROM CHAPTER 24



If Chapter 19 was yours, the interval is not the day or the week. It is the season. Not what you are doing before lunch. What you are doing this month. That sounds absurdly slow, and it is the correct speed for something that has been running for two years.

Monthly ceiling: _____ Monthly floor: _____

MONTH	EXPENSIVE THINGS	REAL REST	WHAT I NOTICED