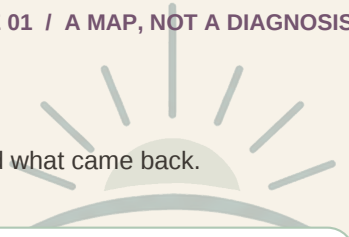


THE HUMAN FEEDBACK LOOP

Use one real moment. Notice what happened, what it meant, what shifted, what you did next, and what came back.



1. REALITY

What happened?

2. PERCEPTION

What did I notice?

3. MEANING

What did my mind make of it?

4. STATE

What shifted in body, emotion, or attention?

5. CHOICE

What options could I see?

6. ACTION

What did I do?

7. RELATIONSHIP + CONTEXT

What did the people or environment evoke or reinforce?

8. FEEDBACK

What came back to me?

9. LEARNING

What did I update for next time?

TRY THIS NEXT

Choose one transition in the loop. Would a pause, question, boundary, more information, or a different response widen your options next time?