

FRICTION

INTERNAL Calibrate Your Inner Forecaster

The Experiment: Inner Forecaster Calibration Worksheet

Duration: Two weeks

Time required: 5 minutes before an event, 5–10 minutes to log after

Goal: Build a personal database comparing what you *thought* you'd feel with what you felt, so your emotional forecasts get more accurate over time.

Use this for any charged situation: a hard conversation, big presentation, performance review, tough decision, etc.

Step One: Pick the Event

Event name:

Date/Time:

Why it matters (1–2 sentences):

Perceived stakes (1–10):

Step Two: Prediction Before the Event

Complete this the night before or at least an hour before.

1. Two-word forecast

Primary emotion(s) you expect to feel (max two words):

• Emotion 1:

• Emotion 2 (optional):

2. Intensity forecast

"On a 0-10 scale, the strongest I expect this feeling to get is: /10."

3. Duration forecast

"How long do I expect to feel noticeably activated after the event?"

- Minutes/hours:
- When I expect to feel roughly "back to baseline" (clock time):

4. Functioning forecast

"While I'm in it, I expect my ability to function (think clearly, speak coherently, make decisions) will be:"

Completely impaired Somewhat impaired Mostly intact Fully intact

5. Contingency plan

"If my intensity goes above what I predicted, I will:" (e.g., take three slow breaths; pause before responding; ask for a short break; name the feeling silently)

Step Three: Log the Experience

Complete this within 1-3 hours after the event.

1. What I felt (two words)

- Emotion 1:
- Emotion 2 (optional):

2. Actual maximum intensity

"The strongest my feelings got was: /10."

3. Actual duration

- "When did the emotional 'spike' start?" Approx. time:
- "When did it noticeably ease?" Approx. time:
- "When did I feel roughly back to baseline?" Approx. time:

4. Functioning reality

"During the event, my ability to function was:"

☐ Completely impaired ☐ Somewhat impaired ☐ Mostly intact ☐ Fully intact

Brief note on performance:

What *still* worked? (e.g., "I answered questions clearly, even though my heart was racing.")

5. The surprise

"One thing my forecast didn't capture was . . ." (e.g., "They were more supportive than I expected"; "I felt more anger than fear")

Step Four: Calibrate (Compare Forecast with Reality)

For each event, add a tiny summary line to a running log or spreadsheet:

1. Event: "Q3 review with my boss"

2. Predicted: Emotion = anxiety 8/10, duration four hours

3. Actual: Anxiety 5/10, back to baseline by lunch

4. Error: +3 intensity, +2 hours duration

5. Surprise: Boss was more curious than critical. Every week or two, scan for patterns:

6. Situations where you consistently over-predict distress

7. Situations where you under-predict (you get more lit up than expected)

8. Situations that reliably trigger identity-level fear ("This says something about who I am")

Step Five: Update Your “Base Rates”

Turn your patterns into simple rules of thumb you can literally write at the top of future worksheets:

- 1. Public speaking:** usually peaks around 6/10 and fades by early afternoon.
- 2. Delivering bad news:** anticipation is worse than the meeting; I’m functional even when I feel shaky.
- 3. Conflicts that touch identity:** feelings go higher and last longer—forecast 2 points up and add recovery time, but remember I still function.

These become the “historical averages” your inner forecaster uses instead of raw fear.

Step Six: Use the Data in Real Time

Before the *next* hard event:

- 1. Glance at your log.**
- 2. Ask: “What do my numbers say — not my mood?”**
- 3. Adjust your forecast (“Last three times this felt like a 9 in my head and landed around a 5.”).**
- 4. Choose your behavior based on the data.**