
BRAIN BULLSHIT DETECTOR (BBD) v1.0

"100,000 thoughts. 99,000 are spam."

DATE: _____

MOOD (1–10): _____

STEP 1: Write the exact thought (no censoring):

“ _____ ”

STEP 2: RUN THE BBD TEST (Circle YES/NO)

- | | |
|--|----------|
| 1. Is this thought 100% fact ? | YES / NO |
| 2. Would I say this to a 7-year-old me? | YES / NO |
| 3. Is this thought useful right now ? | YES / NO |
| 4. Will this matter in 5 years? | YES / NO |

→ 3+ NO = **BULLSHIT** → Go to Step 3

STEP 3: LABEL & DEFUSE (Pick 1)

- ☐ “Worry thought”
- ☐ “Old tape”
- ☐ “Catastrophe movie”
- ☐ “Mind-reading”
- ☐ “Time-travel fantasy”
- ☐ “Feeling ≠ fact”

Say out loud:

“Thanks, brain. That’s a [label]. Moving on.”

STEP 4: REPLACE (Optional – 10 sec)

Useful thought:

“ _____ ”

STEP 5: BODY RESET (Choose 1)

- ☐ 3 deep breaths (4-7-8 method)
- ☐ Wiggle toes → feel ground
- ☐ Drink cold water

TODAY'S WINS (Write 1–3)

1. _____
2. _____
3. _____

→ Do this **3×/day** → 60% less noise in 21 days.