

PEPPER TIME 2: TRACK YOUR GRUMPY BRAIN

Timing: Ongoing for 1 day.

What you'll need: A sheet of paper and a pen.

What it's about: Catching your inner narrator in the act. This test reveals how your brain tilts toward survival bias by tracking the tone of your thoughts.

How to do it:

1. **Fold a sheet of paper in half.** Mark one side with a plus sign (+) and the other with a minus sign (-).
2. **Observe the dialogue inside your head.**
3. **Each time you notice a thought,** add a quick tick mark on the appropriate side.

“Life is good, she loves me, I am capable.” → + side

“I hate my job, I’m not enough, he’s such an idiot.” → - side

Don’t judge the tally—just record.

What to expect: Most people will see more ticks on the minus side. That’s not a character flaw; it’s your survival bias at work. Seeing the pattern is the first step in changing it.

+	-