


Top down? Or bottom up? Clues you're in an impossible situation.

Brain Fog (without the carbs!)	You feel like you may be "losing yourself" somehow	Your work is coming home with you	Replaying conversations - endlessly	You are doing two equally important tasks on similar timelines
Frequent daydreaming	Feeling indecision when you're normally killing it	You have become the worst listener ever	You are answering to more than one person for your work	You are watching the clock and thinking about escape while at work
Changing your mind, and then changing it again	Frequent headaches and stomach aches		Losing simple objects (keys, glasses, lunch) frequently	You have no clear criteria for good work vs adequate vs poor
You disagree with how other people are doing things	Your personal values conflict with your professional responsibilities	Trouble sleeping	Feeling irritation with people you like and respect	You wonder if external attributes may be affecting others' success (looks, charm, etc.)
You are not sure what outcomes are being evaluated in a given task or project	You have been given two mutually incompatible directions	You feel any new information is just too much – thanks, but no thanks	Planning conversations – endlessly	You are acting distractible and scattered

Double-bind Bingo – the game that helps you figure out how to know you're in a double-bind (but not what to do next!)

Top down: You can observe and think about cause and effect.
Bottom up: Your body "knows" and is trying to communicate with you!

Double-bind Tool #1

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