



TAME THE ANIMAL UNLEASH THE BEAST

The 7-Day Animal Watch

For seven days, you are the tracker.

Your only job is to watch the animal and write down what it does — no fighting, no fixing.

Watch. Do not fight.

No judgment. Curiosity, not condemnation.

One page a day, every day, for seven days.

A companion workbook to

Tame the Animal, Unleash the Beast — by Narasimha Murthy G

narasimhamurthyg.com/tame-the-animal

How to use this workbook

You will use this workbook for seven days — one page-and-a-half per day.

Each time the animal takes the wheel — the scroll, the drink, the snack, the snap, the surrender — come to that day's page and fill in what you see.

You fill each day's page in two passes.

The FIRST PASS is written in the moment, with the animal still in the room. The words will be honest because you have not yet had time to lie to yourself.

The SECOND PASS is written the next morning, in calm time. You return to yesterday's page with clear eyes and answer the harder questions.

By day three or four, patterns will begin to show. Do not force them; watch for them.

This is not a productivity tracker. It is a mirror. What you write here is for your eyes only.

DAY 1

Date: _____ *Time it came:* _____

FIRST PASS — written in the moment, with the animal still in the room.

1. Time & place. When? Where? What was in your hand?

2. State of mind — before. What was the weather inside you in the half-hour before? Stress, boredom, loneliness, guilt, restlessness, low-grade dread, exhaustion, victory — name it as plainly as you can.

3. The trigger — external. What happened in the room (or on the screen) a moment before? A notification, a person, a smell, an empty hour, a passing image, a fight, a free evening.

4. The trigger — internal. What did the animal say to you, in your own voice, the exact words? "You deserve a break." "Just one." "Tomorrow." "What difference does it make?"

5. Why was it easy? What removed the friction? "Because the bottle was already open." "Because nobody is home." "Because I already broke the streak this morning."

6. State of mind — during. What shifted in you the moment you said yes? Calm, numb, frantic, light, present, vanished, finally-not-myself.

7. What it made you do. The behavior. The exact one. Not a summary — the specific action.

SECOND PASS — fill in the next morning, in calm time.

8. What did it cost? Time. Money. Sleep. A morning spent recovering. A small thing said to someone you love. Be specific.

9. What the calm room would have done. Not what you wish you had done. The choice the version of you sitting in this morning chair, fresh and rested, would actually have made in that moment.

10. The pattern, if you can see one yet. Skip on Day 1. By Day 3 or 4 you may notice it — the same hour, the same room, the same internal sentence in three different costumes. Name it when you see it.

DAY 2

Date: _____ *Time it came:* _____

FIRST PASS — written in the moment, with the animal still in the room.

1. Time & place. When? Where? What was in your hand?

2. State of mind — before. What was the weather inside you in the half-hour before? Stress, boredom, loneliness, guilt, restlessness, low-grade dread, exhaustion, victory — name it as plainly as you can.

3. The trigger — external. What happened in the room (or on the screen) a moment before? A notification, a person, a smell, an empty hour, a passing image, a fight, a free evening.

4. The trigger — internal. What did the animal say to you, in your own voice, the exact words? "You deserve a break." "Just one." "Tomorrow." "What difference does it make?"

5. Why was it easy? What removed the friction? "Because the bottle was already open." "Because nobody is home." "Because I already broke the streak this morning."

6. State of mind — during. What shifted in you the moment you said yes? Calm, numb, frantic, light, present, vanished, finally-not-myself.

7. What it made you do. The behavior. The exact one. Not a summary — the specific action.

SECOND PASS — fill in the next morning, in calm time.

8. What did it cost? Time. Money. Sleep. A morning spent recovering. A small thing said to someone you love. Be specific.

9. What the calm room would have done. Not what you wish you had done. The choice the version of you sitting in this morning chair, fresh and rested, would actually have made in that moment.

10. The pattern, if you can see one yet. Skip on Day 1. By Day 3 or 4 you may notice it — the same hour, the same room, the same internal sentence in three different costumes. Name it when you see it.

DAY 3

Date: _____ *Time it came:* _____

FIRST PASS — written in the moment, with the animal still in the room.

1. Time & place. When? Where? What was in your hand?

2. State of mind — before. What was the weather inside you in the half-hour before? Stress, boredom, loneliness, guilt, restlessness, low-grade dread, exhaustion, victory — name it as plainly as you can.

3. The trigger — external. What happened in the room (or on the screen) a moment before? A notification, a person, a smell, an empty hour, a passing image, a fight, a free evening.

4. The trigger — internal. What did the animal say to you, in your own voice, the exact words? "You deserve a break." "Just one." "Tomorrow." "What difference does it make?"

5. Why was it easy? What removed the friction? "Because the bottle was already open." "Because nobody is home." "Because I already broke the streak this morning."

6. State of mind — during. What shifted in you the moment you said yes? Calm, numb, frantic, light, present, vanished, finally-not-myself.

7. What it made you do. The behavior. The exact one. Not a summary — the specific action.

SECOND PASS — fill in the next morning, in calm time.

8. What did it cost? Time. Money. Sleep. A morning spent recovering. A small thing said to someone you love. Be specific.

9. What the calm room would have done. Not what you wish you had done. The choice the version of you sitting in this morning chair, fresh and rested, would actually have made in that moment.

10. The pattern, if you can see one yet. Skip on Day 1. By Day 3 or 4 you may notice it — the same hour, the same room, the same internal sentence in three different costumes. Name it when you see it.

DAY 4

Date: _____ Time it came: _____

FIRST PASS — written in the moment, with the animal still in the room.

1. Time & place. When? Where? What was in your hand?

2. State of mind — before. What was the weather inside you in the half-hour before? Stress, boredom, loneliness, guilt, restlessness, low-grade dread, exhaustion, victory — name it as plainly as you can.

3. The trigger — external. What happened in the room (or on the screen) a moment before? A notification, a person, a smell, an empty hour, a passing image, a fight, a free evening.

4. The trigger — internal. What did the animal say to you, in your own voice, the exact words? "You deserve a break." "Just one." "Tomorrow." "What difference does it make?"

5. Why was it easy? What removed the friction? "Because the bottle was already open." "Because nobody is home." "Because I already broke the streak this morning."

6. State of mind — during. What shifted in you the moment you said yes? Calm, numb, frantic, light, present, vanished, finally-not-myself.

7. What it made you do. The behavior. The exact one. Not a summary — the specific action.

SECOND PASS — fill in the next morning, in calm time.

8. What did it cost? Time. Money. Sleep. A morning spent recovering. A small thing said to someone you love. Be specific.

9. What the calm room would have done. Not what you wish you had done. The choice the version of you sitting in this morning chair, fresh and rested, would actually have made in that moment.

10. The pattern, if you can see one yet. Skip on Day 1. By Day 3 or 4 you may notice it — the same hour, the same room, the same internal sentence in three different costumes. Name it when you see it.

DAY 5

Date: _____ Time it came: _____

FIRST PASS — written in the moment, with the animal still in the room.

1. Time & place. When? Where? What was in your hand?

2. State of mind — before. What was the weather inside you in the half-hour before? Stress, boredom, loneliness, guilt, restlessness, low-grade dread, exhaustion, victory — name it as plainly as you can.

3. The trigger — external. What happened in the room (or on the screen) a moment before? A notification, a person, a smell, an empty hour, a passing image, a fight, a free evening.

4. The trigger — internal. What did the animal say to you, in your own voice, the exact words? "You deserve a break." "Just one." "Tomorrow." "What difference does it make?"

5. Why was it easy? What removed the friction? "Because the bottle was already open." "Because nobody is home." "Because I already broke the streak this morning."

6. State of mind — during. What shifted in you the moment you said yes? Calm, numb, frantic, light, present, vanished, finally-not-myself.

7. What it made you do. The behavior. The exact one. Not a summary — the specific action.

SECOND PASS — fill in the next morning, in calm time.

8. What did it cost? Time. Money. Sleep. A morning spent recovering. A small thing said to someone you love. Be specific.

9. What the calm room would have done. Not what you wish you had done. The choice the version of you sitting in this morning chair, fresh and rested, would actually have made in that moment.

10. The pattern, if you can see one yet. Skip on Day 1. By Day 3 or 4 you may notice it — the same hour, the same room, the same internal sentence in three different costumes. Name it when you see it.

DAY 6

Date: _____ Time it came: _____

FIRST PASS — written in the moment, with the animal still in the room.

1. Time & place. When? Where? What was in your hand?

2. State of mind — before. What was the weather inside you in the half-hour before? Stress, boredom, loneliness, guilt, restlessness, low-grade dread, exhaustion, victory — name it as plainly as you can.

3. The trigger — external. What happened in the room (or on the screen) a moment before? A notification, a person, a smell, an empty hour, a passing image, a fight, a free evening.

4. The trigger — internal. What did the animal say to you, in your own voice, the exact words? "You deserve a break." "Just one." "Tomorrow." "What difference does it make?"

5. Why was it easy? What removed the friction? "Because the bottle was already open." "Because nobody is home." "Because I already broke the streak this morning."

6. State of mind — during. What shifted in you the moment you said yes? Calm, numb, frantic, light, present, vanished, finally-not-myself.

7. What it made you do. The behavior. The exact one. Not a summary — the specific action.

SECOND PASS — fill in the next morning, in calm time.

8. What did it cost? Time. Money. Sleep. A morning spent recovering. A small thing said to someone you love. Be specific.

9. What the calm room would have done. Not what you wish you had done. The choice the version of you sitting in this morning chair, fresh and rested, would actually have made in that moment.

10. The pattern, if you can see one yet. Skip on Day 1. By Day 3 or 4 you may notice it — the same hour, the same room, the same internal sentence in three different costumes. Name it when you see it.

DAY 7

Date: _____ Time it came: _____

FIRST PASS — written in the moment, with the animal still in the room.

1. Time & place. When? Where? What was in your hand?

2. State of mind — before. What was the weather inside you in the half-hour before? Stress, boredom, loneliness, guilt, restlessness, low-grade dread, exhaustion, victory — name it as plainly as you can.

3. The trigger — external. What happened in the room (or on the screen) a moment before? A notification, a person, a smell, an empty hour, a passing image, a fight, a free evening.

4. The trigger — internal. What did the animal say to you, in your own voice, the exact words? "You deserve a break." "Just one." "Tomorrow." "What difference does it make?"

5. Why was it easy? What removed the friction? "Because the bottle was already open." "Because nobody is home." "Because I already broke the streak this morning."

6. State of mind — during. What shifted in you the moment you said yes? Calm, numb, frantic, light, present, vanished, finally-not-myself.

7. What it made you do. The behavior. The exact one. Not a summary — the specific action.

SECOND PASS — fill in the next morning, in calm time.

8. What did it cost? Time. Money. Sleep. A morning spent recovering. A small thing said to someone you love. Be specific.

9. What the calm room would have done. Not what you wish you had done. The choice the version of you sitting in this morning chair, fresh and rested, would actually have made in that moment.

10. The pattern, if you can see one yet. Skip on Day 1. By Day 3 or 4 you may notice it — the same hour, the same room, the same internal sentence in three different costumes. Name it when you see it.

After the seven days

What you are holding now will look like scattered notes — a time here, a feeling there, prints in the mud that do not yet join up. That is exactly right. That is what the trackers had before they sat down together and found the pattern hiding inside it.

Turning these seven pages into a map — finding the pattern, and giving each track the name of the drive beneath it — is the Audit. That is Chapter 11 of the book, where the notebook quietly becomes the cage.

Enough of being hunted. Go and watch.