



TAME THE ANIMAL UNLEASH THE BEAST

The 7-Day Thought Watch

For seven days, you carry this notebook everywhere you go.

Each time the voice arrives — the same sentence you have been hearing inside your head
for years, now in real time — you write it down.

Write, do not change.

No judgment. A curious reporter, not a prosecutor.

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, with up to four entries per day.

Each entry captures one thought — the exact sentence, verbatim, in your own voice — the moment it arrives.

You fill each entry in two passes.

The FIRST PASS is written in the moment, the voice still in the room. It records what the animal said, when it said it, what triggered it, and how true it felt at the time.

The SECOND PASS is written the next morning, in calm time. You return to yesterday's entries and ask the harder question: what would the calm room have written instead? Not a positive thought. A different thought. Closer to what would be true if you had not already decided what was true.

This workbook does not argue with the voice. It only writes it down. The rewriting comes in Chapter 14 of the book.

DAY 1

Date: _____

FIRST PASS — written in the moment, each time the voice arrives.

ENTRY 1

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 2

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 3

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 4

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

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

- e. Calm room — for each of the four entries above, what would the calm room write instead? Not a positive thought. A different thought. Closer to what would be true if you had not already decided what was true.

DAY 2

Date: _____

FIRST PASS — written in the moment, each time the voice arrives.

ENTRY 1

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

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- d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 4

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

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

- e. Calm room — for each of the four entries above, what would the calm room write instead? Not a positive thought. A different thought. Closer to what would be true if you had not already decided what was true.

DAY 3

Date: _____

FIRST PASS — written in the moment, each time the voice arrives.

ENTRY 1

a. Time the thought arrived:

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c. The thought, verbatim — the exact words, as close as you can get:

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- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 4

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

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- d. How true did it feel? (1–10 — not how true it is, how true it felt):

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

- e. Calm room — for each of the four entries above, what would the calm room write instead? Not a positive thought. A different thought. Closer to what would be true if you had not already decided what was true.

DAY 4

Date: _____

FIRST PASS — written in the moment, each time the voice arrives.

ENTRY 1

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 2

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 3

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 4

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

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

- e. Calm room — for each of the four entries above, what would the calm room write instead? Not a positive thought. A different thought. Closer to what would be true if you had not already decided what was true.

DAY 5

Date: _____

FIRST PASS — written in the moment, each time the voice arrives.

ENTRY 1

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 2

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 3

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 4

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

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

- e. Calm room — for each of the four entries above, what would the calm room write instead? Not a positive thought. A different thought. Closer to what would be true if you had not already decided what was true.

DAY 6

Date: _____

FIRST PASS — written in the moment, each time the voice arrives.

ENTRY 1

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 2

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 3

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 4

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

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

- e. Calm room — for each of the four entries above, what would the calm room write instead? Not a positive thought. A different thought. Closer to what would be true if you had not already decided what was true.

DAY 7

Date: _____

FIRST PASS — written in the moment, each time the voice arrives.

ENTRY 1

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 2

a. Time the thought arrived:

b. What happened in the room (or in the mind) a moment before — the trigger:

c. The thought, verbatim — the exact words, as close as you can get:

d. How true did it feel? (1–10 — not how true it is, how true it felt):

ENTRY 3

- a. Time the thought arrived:

- b. What happened in the room (or in the mind) a moment before — the trigger:

- c. The thought, verbatim — the exact words, as close as you can get:

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- c. The thought, verbatim — the exact words, as close as you can get:

- d. How true did it feel? (1–10 — not how true it is, how true it felt):

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

- e. Calm room — for each of the four entries above, what would the calm room write instead? Not a positive thought. A different thought. Closer to what would be true if you had not already decided what was true.

After the seven days

What you are holding now will look like scattered notes — a handful of thoughts captured in the moment, with the calm room's alternative beside each one. 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, naming the dominant thought and its drive (one of the eight from Chapter 2), and tracing the belief back to where it was planted — is the Audit, the Map, and the Engineer of Chapter 14. Then the Rehearse step: one thought at a time, the new thought, even when it feels like a lie. Follow the calm room.

The character animal survives by sounding like you. On the page, in your own handwriting, beside an honest alternative — it stops sounding like you. That is the moment the cage begins to crack.

Enough of being told the truth by your own voice. Go and watch it.