

Pros and cons, four boxes

Filled in on a calm afternoon and carried into the moment. Not written during one.

The two boxes people skip are the ones that make this honest: what acting on the urge actually gives you, and what resisting actually costs. Leave those out and you produce a list you will not believe at eleven at night.

THE URGE

THE SPECIFIC CONSEQUENCES WORTH REMEMBERING

Not "it is bad for me" — the six hours afterwards, the conversation, the thing you will cancel.