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How You Map works

Understand the core structure of You Map.

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Pick a map

Choose simplicity and ease or depth and rigor.

Map in 60 seconds

Map, reflect, and connect for the first time.

Finding your fitter mind.

You Map builds on the study of interoception: How your brain turns bodily signals into emotions.

The power of You Map lies in its distilled structure. **In 60 seconds, you will:**

1

Build self-awareness as a skill

Like any skill, small, daily, intentional practice creates lifelong ability.

2

Add structure to reflection

This structure shapes your new mental model, making all emotions useful.

3

Boost executive functioning

Engaging your frontal-cortex by default enables clear, coherent action.

4

Lower emotional reactivity

Clear, coherent action uses your emotions so they don't use you.

How it works

You Map invites you to plot what you feel in this moment in two ways.

↑↓

Map how pleasant you feel

The higher up you plot, the more pleasant the feeling.

↔

Map how energetic you feel

The further right you plot, the higher the energy or intensity of the feeling.

Where are you at?



You Map

↖

Pleasant, low energy

You feel calm, clear, happy, or even a state of bliss.

↗

Pleasant, high energy

You feel ready, productive, excited, or even a state of mania.

↘

Unpleasant, high energy

You feel tense, stressed, afraid, or even a state of panic.

↙

Unpleasant, low energy

You feel tired, sad, depressed, or even a state of despair.

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Getting started

In this activity, you will take 60 seconds to complete the three basic steps that will help you get the most out of You Map.



Map

Plot your current physical state.



Reflect

Write or say possible causes and effects



Connect

Explore why by yourself or with someone you trust

The next page will guide you through these steps in detail.

But first, pick a map for now

There are two versions of You Map. Both versions work the same way, are based in the same scientific and clinical principles, and provide the same core benefits.

You Map 5

Designed with simplicity and ease in mind, You Map 5 encourages reflection built on the fundamentals of emotion.

Where are you at?



You Map

You Map 7

Designed with depth and rigor in mind, You Map 7 invites expansion, nuance, and fine-tuning of reflection.

You are here.



You Map

Pick the map that feels comfortable to you right now. If you're not sure, start with You Map 5 then try You Map 7 right after.

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Getting started: Let's map

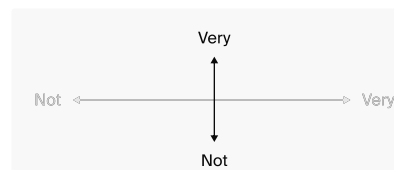
Now that you've chosen which map to start with, you're going to spend 60 seconds with it. Though spending more time will deepen your experience, much of the value of using You Map comes from quick, light-weight check-ins. Keep this first run easy. You can always map again right after.

10 seconds: Map

Use You Map to plot your current physical state. Emotions are your brain's best guess response to physical signals. Check-in with your body and ask two questions:

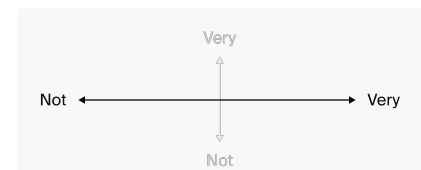
How nice is this feeling?

The more pleasant your current state, the higher you will plot on You Map.



How intense is this feeling?

The higher the energy of the feeling, the more to the right you will plot.



Plot yourself honestly, without judgement. All points on You Map represent emotions that healthy, functional brains may assign to everyday physical states.

20 seconds: Reflect

Write down or say aloud what might be causing this physical state

and how that feeling is affecting your thoughts and behaviors. It's okay if the answer is "I don't know, yet." Try asking yourself these questions to get going:

How long have I been feeling this?

What does this feeling want me to do?

Is this feeling helping me or others?

30 seconds: Connect



Mapping solo?

Try connecting the dots. How often do you feel this way? Do you feel this at similar times each day? Do you like feeling this way? How can you use this



Mapping together?

Share insights with someone you trust. Use the structure and language of You Map to share what you feel with a loved one, a friend, a coach, or your