

# Tool 19: Shame Interrupter Protocol

## Entrepreneur - Self-Facilitated Instructions

**Audience:** This protocol is for entrepreneurs and solo operators. It is self-facilitated and not used as a worksheet or form.

## What this tool does

This protocol trains you to interrupt shame-driven reactions when uncertainty appears. Entrepreneurs operate without manuals, benchmarks, or constant feedback. This often turns confusion into urgency, avoidance, or impulsive action. Unchecked, this leads to repeated mistakes and premature decisions.

## When to use this tool

Use this protocol whenever you notice pressure to act before thinking, avoidance of unclear tasks, second-guessing after decisions, rushing to escape uncertainty, or frustration and self-criticism.

## What you do as the facilitator (yourself)

Before deciding, acting, or seeking advice, pause deliberately. Your role is to interrupt the pressure to appear decisive or constantly productive. Normalize confusion as an expected condition of building something new.

## Training your inner voice (introduced after the pause)

After pausing, deliberately say a short, supportive sentence silently inside your own head. This is not spoken aloud. Over time, this replaces self-criticism with disciplined self-guidance.

## Examples of what you train yourself to say silently

- Uncertainty is part of building.
- Slowing down now saves time later.
- I do not need to rush to prove competence.
- Clarifying beats reacting.
- Confusion is information.
- I can take a moment to think.
- Good decisions come from clarity, not pressure.

## Non-negotiable rule

Apply this protocol consistently. Do not confuse urgency with progress. The objective is durable judgment, not constant motion.

**Key rule:** Pause then normalize uncertainty, train inner guidance, and decide deliberately.