

The Rehearsal Room

Rehearse the doing, not the trophy.

Something is coming — the interview, the conversation, the exam, the opening night — and your mind keeps skipping to the ending: the applause, the offer, the relief. Here's what the research found about that: students who spent a week imagining the *outcome* of a good grade did no better. The ones who mentally rehearsed the *process* — when, where, and how they would study — earned higher scores, planned better, studied more, and felt less anxious. The trophy scene is a lullaby. The walk-through is a tool.

STEP ONE

The Thing Coming

Name it, and when it arrives.

What's coming is..., on...

STEP TWO

Walk It Through

Present tense, step by step — the doing, not the result. About ten minutes.

Write yourself through it as it happens: where you are, what you do first, then next, then next. The preparation days count too — in the study, people rehearsed when and where and how they would do the work, not just the big moment. Be concrete. "I open the laptop at the kitchen table at 8" beats "I prepare well."

If it's a conversation, write what you actually say, and the pauses. If it's a performance, the setup, the entrance, the first minute. If it's an exam, the studying — which days, which chapters, which desk.

It starts when I...

STEP THREE

Every real rehearsal includes the moment it goes sideways.

The moment it wobbles is..., and then I...

STEP FOUR

You don't have to carry the whole thing in. Just the way in.

The first thing I do is...

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CLOSE

One line to carry in your pocket that day.

The line I'm carrying is...

Rehearse again closer to the day — in the study, people walked it through daily for most of a week. Each pass wears the path in a little deeper.

A BLESSING ON THIS WORK

This work is a gift. Share it freely with anyone who needs it — print it, copy it, pass it on whole. It is not for sale, by us or by anyone, and it shouldn't be changed. Above all, keep the crisis lines and the words about seeking professional help exactly as they are — for someone, those may be the lines that matter most. It exists to help people heal, and to raise the vibration of the world. That will never cost anything here.

— Aether & Root · aetherandroot.com/inner-work