

12-Minute AANM Micro-Protocol (Anime x Shadow)

1. Pick a 90–180s anime clip where Shadow surfaces.

- Examples: Ichigo's Hollow mask moment, Naruto/Kurama pact, Kaneki's ghoul hunger, Guts' berserk state, Mob's "???" episode, Itadori/Sukuna interaction.

2. Title the Shadow in the character's language.

- Examples: "the mask," "the fox," "the beast," "curse," "inner double."

3. Sketch a quick node map:

- Draw 3 circles: Trigger → Shadow → Outcome. Add arrows showing flow.

4. Voice the bargain: (with the Shadow)

- "I invite you when X happens; you must follow Y rules (non-negotiables)."

5. Translate to life:

- Where do you need this energy? What are your Y-rules?

6. Tiny experiment (do in next 48–72h):

- Example: Try 10% more bluntness in one conversation, end with a boundary, or use a "mask-on" phrase just once.

7. Aftercare (5 min):

- Breath, shake, or journal: what the Shadow wanted vs what you wanted.