

ABSURDLY USEFUL RESOURCES / READER NOTES

Autopilot Audit

Check what steers you.

READER NOTES

SUMMARY + ACTION GUIDE

INSPIRED BY PSYCHO-CYBERNETICS BY MAXWELL MALTZ

ORIGINAL SUMMARY AND PRACTICAL TRANSLATION. READ THE FULL BOOK WHEN YOU WANT THE WHOLE ARGUMENT.

Maxwell Maltz argues that behavior often follows a self-image: an internal picture of who we are and what is possible. The practical version is to audit old identity settings, collect better evidence, and rehearse a more useful default through action.

Keep These

1. People often act from a rehearsed self-image rather than current evidence.
2. Old conclusions can keep receiving decision-making privileges long after they expire.
3. Mental rehearsal makes unfamiliar behavior less expensive to try.
4. Feedback should revise the method, not become a verdict on the person.
5. New defaults need repeated evidence, not one dramatic declaration.

Useful Translation

This is the version to carry into meetings, parenting, work, money, politics, conflict, and the ordinary Tuesday where most theories go to prove whether they are useful.

FRAMEWORK 01

Self-image theory: identity expectations shape behavior and tolerance for change.

FRAMEWORK 02

Cybernetic feedback: results guide correction when they are treated as information.

FRAMEWORK 03

Mental rehearsal: imagined practice can prepare the nervous system for new conduct.

04 / ACTION ITEMS

1. Name the sentence about yourself that one behavior keeps trying to prove.
 2. Audit the evidence for and against that identity claim.
 3. Thank the old protection, then remove its current authority.
 4. Rehearse one scene with the response you want available.
 5. Collect three pieces of evidence for the updated default.
 6. Convert a failure into specific information about the method.
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05 / ONE-PAGE FIELD GUIDE

That may be how you learned to steer. It does not have to keep holding the wheel.

Absurdly Useful Resources. Placeholder email-gated PDF asset. Connect the form to the final provider before launch.