



The 4B Framework

*A four-part self-check for when something feels off:
Bob · Bib · B(l)ab · Boobs*

Why Four Boxes

*When something feels off, you don't always know what is off.
The 4B gives you four places to look.*

Four boxes you can check any morning

- Sometimes you wake up and something is off. You can't name what. The 4B framework gives you four boxes to open in order.
- Bob — who you are underneath the changes.
- Bib — what feeds you (sleep, food, rest, the people who give you energy back).
- B(l)ab — who you talk to, and how much.
- Boobs — what you enjoy, and whether you're enjoying it or escaping into it.
- The names are silly on purpose. A framework you can't say out loud is one you won't use.

§ I

Bob

who you are underneath the changes

Bob is what survives the changes

- You will change your job, your city, your friends, your music, and your opinions many times in your life.
- Bob is the part of you that is still recognizable as YOU after all those changes.
- Bob is not your personality — that is your style.
- Bob is not your beliefs — those are tools you pick up and put down.
- Bob is the one picking the tools up. The driver, not the steering wheel.

The phone call, ten years out

Picture yourself ten years from now. Different job. Maybe a different city. A different haircut. You pick up the phone and call your closest friend from today.

Are you still recognizable to that friend? Not your hair. Not your job. The way you greet them. The kind of jokes you make. The way you ask about their parents.

That recognizable part is Bob. If your friend would say "you sound like a stranger," Bob has drifted. The work of Bob is making sure that future call still sounds like you.

"Without bob you ain't."

§ II

Bib

what feeds you (and what you ignore)

We are smart, but not at eating

- Bib is the box that holds what keeps you running: sleep, food, water, rest, and the people who give you energy back.
- The warning: your brain can outvote your body. Your brain will say "I'll finish this episode first" when your body has been asking to sleep for two hours.
- "I'm not hungry, just bored." "One more coffee." "I can pull an all-nighter." Three small lies your brain tells when bib is being ignored.
- The body is quiet. The brain is loud. Bib is the practice of listening to the quiet one.

What attending to bib looks like

- You notice you are snapping at your roommate. You haven't slept more than five hours in three days. The snapping is bib, not your roommate.
- You feel a headache at 3 p.m. and realize you haven't drunk water since breakfast.
- You feel drained after texting one friend, lit up after texting another. That is bib information.
- Bib doesn't ask you to be perfect. It asks you to notice when you've drifted — and to come back.

"The drift is the default. The coming-back is the practice."

B(I)ab

connection, with the loud parts in parentheses

Bab vs. blab

- Bab is the simple thing — listening, sitting with someone, letting them know they're not alone. Two syllables. The oldest noise.
- Blab is bab with the L unleashed — connection drowned out by your own volume.
- The L stands for the loud stuff: your loves, your losses, the words you can't unsay once they're out.
- You don't delete the L. The L is you. You put it in parentheses — present-but-governed. Silent when the moment asks. Released when the moment asks.

Same news. Two responses.

B A B

Your friend's parent just died.

You sit with them. You let the silence be silent. You ask about their parent. You do not fill the room with your own story about loss.

B L A B

Your friend's parent just died.

You bring up your grandfather. The funeral. How hard it was for you. You mean well, but the room is now about you.

"Before letting the L out, ask: am I keeping this in because they aren't ready, or because I am not?"

§ IV

Boobs

pleasure — not as sin, not as the whole point

Pleasure is a tenet, not a sin or a goal

- One old idea: pleasure is something to hide. Indulge only in private. Apologize for enjoying things. This is wrong.
- Another old idea: life is FOR pleasure. Chase it. This is also wrong — chasing it doesn't work, because we adapt to almost any new pleasure and slide back to baseline.
- Boobs holds pleasure equal with the other three. You don't apologize for it. You also don't build your life around it.
- The test: am I doing this because I enjoy it, or because I'm hiding from one of the other three?

"Tend, don't escape."

Tend vs. escape — what it looks like

Watching three episodes

because it's your favorite show on a slow night.

TEND

Watching three episodes

because you can't face the email you owe your advisor.

ESCAPE

Eating ice cream

because it is summer and ice cream is good.

TEND

Eating ice cream

because you just got off a hard phone call.

ESCAPE

Scrolling for an hour

because you actually wanted to see what your cousin posted.

TEND

Scrolling for an hour

because the silence in your apartment is too loud.

ESCAPE

Same action. The reason underneath tells you which one it is.

The Diagnostic

When something feels off — ask the four in order.

The four questions

Bob.

Am I still recognizable as me? Has something dropped out that mattered — and is the new shape better, or just newer?

Bib.

When did I last sleep enough, eat real food, drink water, get outside? Am I getting energy back from my week, or only spending it?

B(l)ab.

Who am I in real conversation with this week? Have I gone silent everywhere — or loud everywhere? Is the parenthesis honest?

Boobs.

When did I last enjoy something on purpose — not as an exit from one of the other three?

Each question, asked clean, points back to one thing you can change tomorrow morning.

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Tend bob.

Pay attention to bib.

Govern the L; let bab continue.

Hold boobs as tenet, not as exit.

Watch the dial. The four are held together.

Bobble accordingly.