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NERVOUS SYSTEM AND BRAIN-BASED COACHING

THE FAMOUS STRESS CURVE IS NOT IN THE PAPER

SWIPE ►►

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DANCING MICE, 1908

The inverted U every leadership deck quotes traces to Yerkes and Dodson, 1908. Japanese dancing mice chose between two doorways, with an electric shock for the wrong pick. The paper is about shock strength and habit formation. **The words stress and arousal never appear.**

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PRESSURE HELPED THE EASY TASK

THE HARD TASK NEEDED LESS

On the easy discrimination, stronger shocks sped the mice up. On the hard one, the strongest shocks slowed learning. That interaction is the part that survived a century of retelling: **the harder the task, the less pressure it tolerates.**

SWIPE ►►

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MATCH PRESSURE TO COMPLEXITY

Deadlines and stakes help simple execution.

They quietly tax judgment, analysis, and conversations that need care. When the hardest work slips, lower the heat or make the task simpler. One honest limit: **this is mice and a diagram tradition, not a human law.**

Save the pressure for the easy work.

More in profile.