

Life.Under Pressure.

THE DECISION FILTER UNDER STRESS

Not all decisions should be made in heightened states.

Before Acting, Ask:

1. Am I regulated?

If not, delay.

2. Is this reversible?

If not, wait.

3. Am I reacting to fear?

Pause before committing.

4. What would my stable self choose?

Consult long-term clarity.

Red Flags

- Urgency that feels absolute
- “Now or never” framing
- Financial or relational threats
- Identity destabilization

If two or more are present — postpone.

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When not to make irreversible moves

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Stability first.

Decision second.