

# THE DECISION INTEGRITY CHECK

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Do not decide from dysregulation.

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Before committing, ask:

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- ① Am I below 6 on the Escalation Scale?  
If not, delay.
  - ② Has this urgency existed for at least 72 hours?  
If not, pause.
  - ③ Am I solving fear — or solving facts?
  - ④ Will this decision matter in 6 months?
  - ⑤ Does this expand stability — or shrink it?
  - ⑥ Would I make the same decision while calm?
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## — RED FLAGS —

- Binary thinking
  - Now or never' framing
    - Identity threat
    - Revenge impulse
    - Collapse avoidance
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Delay is not weakness.  
It is structural intelligence.

Life.Understood.

# The Decision Integrity Check

*Do not decide from dysregulation*

**Before you commit, evaluate.**

**Before committing, ask:**

**1. Am I below 6 on the Escalation Scale?**

**If not, delay.**

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**2. Has this urgency existed for at least 72 hours?**

**If not, pause.**

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**3. Am I solving fear — or solving facts?**

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**4. Will this decision matter in 6 months?**

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**5. Does this expand stability — or shrink it?**

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**6. Would I make the same decision while calm?**

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## **Red Flags**

- **Binary thinking**
  - ***“Now or never”* framing**
  - **Identity threat**
  - **Revenge impulse**
  - **Collapse avoidance**
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## **Closing Anchor**

**Delay is not weakness.**

**It is structural intelligence.**