

Life Under Pressure.

THE ESCALATION SCALE

*A 1–10 Self-Regulation Gauge**

Before acting, locate yourself.

9–10	9–10	Acute Escalation Fight / flight dominant. Binary thinking. Identity threat perceived. Stabilize only. No decisions.
7–8	7–8	High Activation Urgency feels absolute. Emotions driving narrative. Impulses increasing. Pause. Do not commit.
5–6	5–6	Escalating Defensive, Reactive thoughts, Narrowing perception. Delay non-essential decisions.
3–4	3–4	Mild Activation Irritated, Distracted. Energy elevated. Proceed cautiously.
1–2	1–2	Baseline Calm. Regulated. Clear thinking intact. If above 6 — stabilize first.

The Escalation Scale

A 1–10 Self-Regulation Gauge

Before acting, locate yourself.

Level 1–2: Baseline

Calm.

Regulated.

Clear thinking intact.

Safe for decisions.

Level 3–4: Mild Activation

Irritated.

Distracted.

Energy elevated.

Proceed cautiously.

Level 5–6: Escalating

Defensive.

Reactive thoughts.

Narrowing perception.

Delay non-essential decisions.

Level 7–8: High Activation

Urgency feels absolute.

Emotions driving narrative.

Impulses increasing.

Pause. Do not commit.

Level 9–10: Acute Escalation

Fight / flight dominant.

Binary thinking.

Identity threat perceived.

Stabilize only.

No decisions.

Bottom Anchor:

If above 6 — stabilize first.