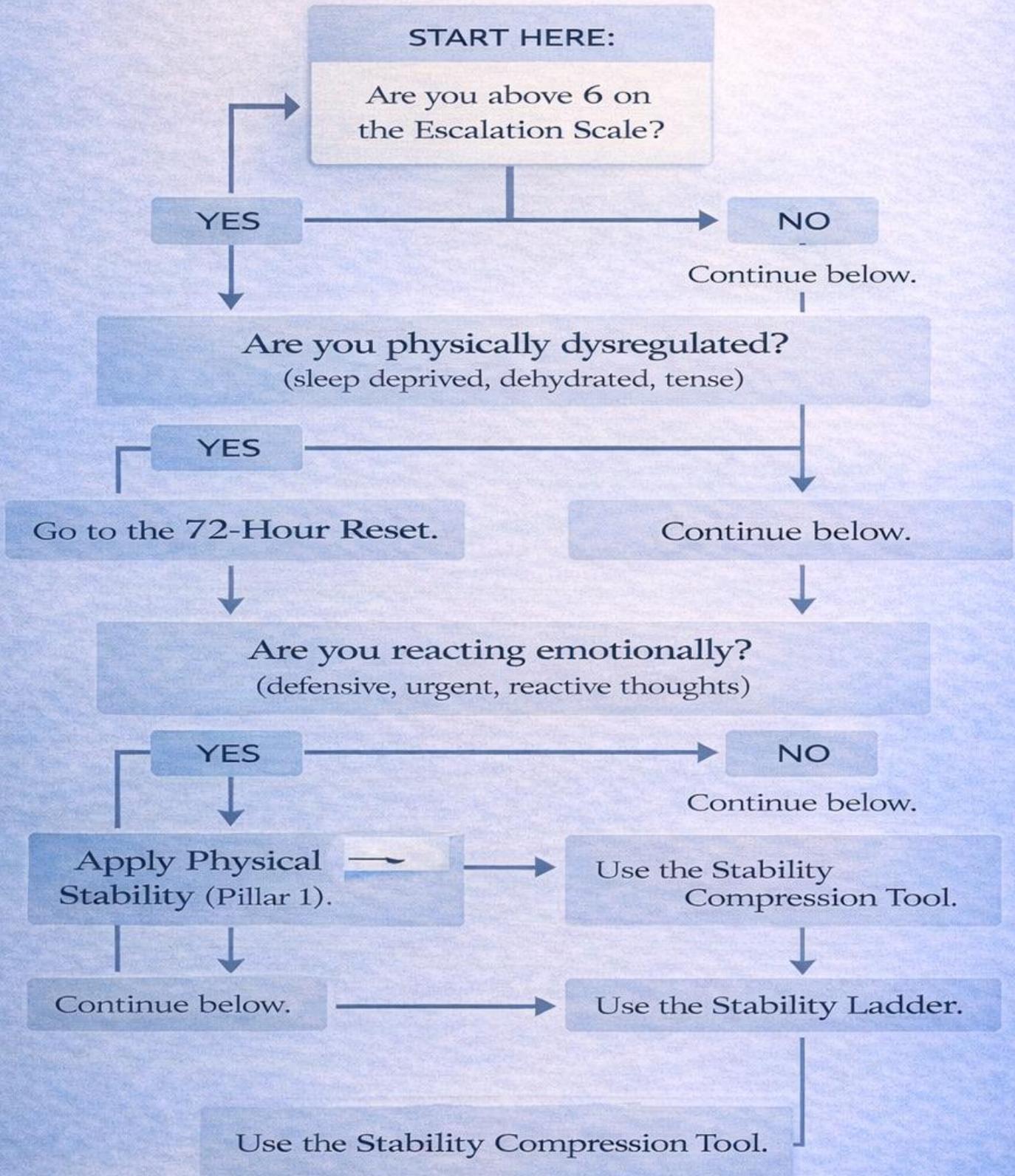


# Life. Under Pressure.

## THE OVERWHELM FLOWCHART

*When unsure what to do, follow the branch.*



*Measure → Stabilize → Decide.*

# The Overwhelm Flowchart

*If X → Do Y*

**When unsure what to do, follow the branch.**

## Start Here:

**Are you above 6 on the Escalation Scale?**

→ YES

**Go to the 72-Hour Reset.**

→ NO

*Continue below.*

---

**Are you physically dysregulated?**

*(sleep deprived, dehydrated, tense)*

→ YES

**Apply Physical Stability (Pillar 1).**

→ NO

*Continue below.*

## Are you reacting emotionally?

*(defensive, urgent, reactive thoughts)*

→ YES

Apply Emotional Balance + Delay decisions.

→ NO

*Continue below.*

---

## Is the issue practical and specific?

→ YES

Use the **Stability Compression Tool**.

→ NO

Use the **Stability Ladder**.

---

## Bottom Anchor:

**Measure → Stabilize → Decide.**