

THE POST-CRISIS INTEGRATION REVIEW

Stability restored. Now extract insight.

1. What actually happened?

Facts only.

2. What was my distortion?

Catastrophizing? Control? Collapse?

3. What stabilized me most?

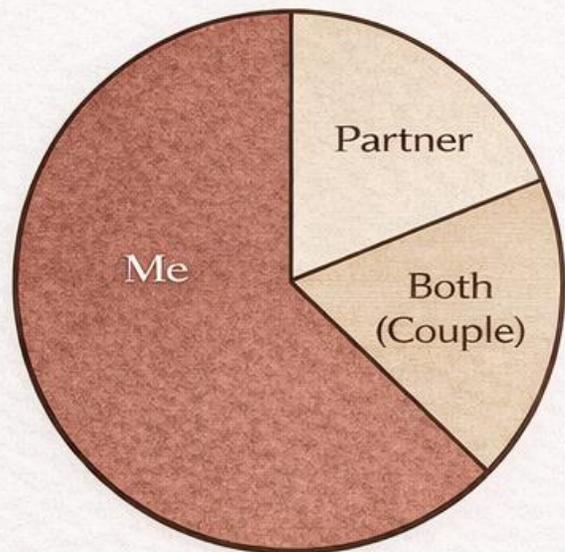
Which tool worked?

4. What destabilized me further?

People? Thoughts? Behaviors?

5. What structural adjustment prevents repetition?

6. What structural adjustment prevents repetition?



Stress repeats where learning is avoided.

Integrate. Adjust. Strengthen.

Life. Understood.

Gerald Alba Daquila

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The Post-Crisis Integration Review

After stability returns, extract signal from noise.

Stability restored.

Now extract insight.

1. What actually happened?

Facts only.

2. What was my distortion?

Catastrophizing? Control? Collapse?

3. What stabilized me most?

Which tool worked?

4. What destabilized me further?

People? Thoughts? Behaviors?

5. What structural adjustment prevents repetition?

Anchor

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