

Life.Under Pressure.

THE RELATIONAL CONTAINMENT MAP

Not everyone stabilizes you.

Choose wisely during stress.

1. Identify Your Stabilizers

Who remains calm when you escalate?

Who listens without inflaming?

These are containment figures.

2. Identify Your Escalators

Who amplifies fear?

Who pushes urgency?

Who reacts instead of regulates?

Limit exposure during destabilization.

3. Diversify Support

No single person should carry all emotional weight.

Build distributed stability.

4. Reduce Reactive Circulation

Do not crowdsource panic.

Consult selectively.

Calm spreads. So does instability.

Choose your field.

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