

# Life.Under Pressure.

## THE SCARCITY SPIRAL INTERRUPTION

*When fear contracts your thinking, pause before acting.*

### 1. Notice the Trigger

What specifically feels threatened?  
Income? Identity? Status? Security?

*Name it.*

### 2. Separate Survival from Ego

Is this a true survival threat —  
or a discomfort of uncertainty?

*Scale the risk accurately.*

### 3. Delay Reactive Action

Scarcity urges urgency.  
Urgency narrows perception.

*Wait 24 hours before irreversible decisions.*

### 4. Expand the Frame

Ask:

Will this matter in 6 months?

What options exist that I cannot see yet?

*Perspective restores choice.*

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*How to prevent panic from making permanent decisions*

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