

Life.Under Pressure.

THE STABILITY COMPRESSION TOOL

When everything feels urgent, compress your focus.

STEP 1 NARROW THE FIELD

1

What must be handled in the next 24 hours?
Everything else is deferred.

STEP 2 REDUCE INPUTS

2

- Limit news.
- Limit advice.
- Limit comparison.
- Protect cognitive bandwidth.

STEP 3 EXECUTE ONE CONTAINED ACTION

3

Complete one small, finishable task.
Closure restores control.

STEP 4 REASSESS AFTER COMPLETION

4

Do not escalate prematurely.
Stability expands gradually.

Emergency Rule:

If overwhelmed, shrink the frame — not your self-worth.

The Stability Compression Tool

A one-page reset when everything feels urgent

When everything feels urgent, compress your focus.

Step 1 — Narrow the Field

What must be handled in the next 24 hours?

Everything else is deferred.

Step 2 — Reduce Inputs

Limit news.

Limit advice.

Limit comparison.

Protect cognitive bandwidth.

Step 3 — Execute One Contained Action

Complete one small, finishable task.

Closure restores control.

Step 4 — Reassess After Completion

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