

Life. Under Pressure.

THE STABILITY LADDER

Move upward deliberately.

1

Stop Escalation

Interrupt urgency.
Delay irreversible decisions.

2

Regulate Physiology

Sleep,
Hydrate,
Slow breathing.
Move gently.

3

Reduce Cognitive Distortion

Separate facts from projections.
Limit inputs,
Shrink the frame.

4

Restore Emotional Balance

Name the emotion,
Avoid reactive circulation,
Choose response.

5

Rebuild Structure

Complete one contained task.
Re-establish routine.

6

Reassess with Clarity

Now decide.

Clarity is earned through stabilization.

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Step 3 — Reduce Cognitive Distortion

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Limit inputs.

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Step 4 — Restore Emotional Balance

Name the emotion.

Avoid reactive circulation.

Choose response.

Step 5 — Rebuild Structure

Complete one contained task.

Re-establish routine.

Step 6 — Reassess with Clarity

Now decide.

Bottom Anchor:

Clarity is earned through stabilization.