

STATE BEFORE MOVE

Decision Temperature Check

A worksheet for checking the state behind a decision before urgency, fatigue, emotion, or pressure turns into the move.

Scope and safety note

This worksheet is for reflection and decision preparation. It does not diagnose, treat, advise legally, advise financially, assess danger, or replace specialized support. If safety, clinical, legal, medical, financial, workplace, or emergency risk is involved, pause here and seek the appropriate support.

What this helps you see

- Whether the timing is stable enough for a decision.
- What pressure is shaping the choice.
- Whether the decision is reversible, high cost, or capacity dependent.
- Whether specialized guidance should come before action.
- What you may need to carry if the decision becomes active.
- The next action that fits the current state.

How to use it

Use this before you act, reply, decide, accept, decline, commit, or request guidance. Write enough to see the state behind the move.

The goal is not to solve the whole situation alone. The goal is to make the pressure visible enough to request cleaner guidance or choose one safe next move.

1. Name the situation: What decision are you about to make, delay, announce, send, accept, decline, or revisit?

2. Check the state before the move

Hot	Urgent, defensive, flooded, reactive.
Warm	Activated, but still reachable.
Cool	Regulated enough to sort the issue.
Clear	Grounded, specific, and able to choose.
Cold	Depleted, numb, shut down, or capacity is too low.

3. Clarify the category

■ Low stakes	■ High stakes
■ Reversible	■ Hard to reverse
■ Time-sensitive	■ Externally pressured
■ Emotionally charged	■ Capacity dependent
■ Missing information	■ Values conflict
■ Guidance needed before committing	■ Not ready for a clean yes or no

Safety and scope gate: Is this safe and appropriate to address directly right now, or does it require support, delay, documentation, or specialized guidance?

4. Identify the pressure pattern

Temperature signals

- Urgency is driving the timeline.
- Fatigue is reducing discernment.
- Avoidance is wearing a practical mask.
- Relief is being mistaken for clarity.
- A deadline is creating false certainty.
- The decision may create responsibility you have not fully named.

Pressure after the move: If this decision became active tomorrow, what would I be responsible for carrying, maintaining, explaining, funding, or ending?

5. Choose the clean next move

What should not be done from this state?	What is the smallest clean next move?
First clean sentence, if a conversation or message is needed:	What is ready for guidance, and what can wait until capacity returns?

Clean next moves to consider

- Wait for capacity.
- Gather one missing fact.
- Name the tradeoff.
- Separate urgency from importance.
- Request guidance before committing.

Close the loop enough for now. Name the decision, repair, boundary, request, pause, or guidance step that is clean enough to carry next.