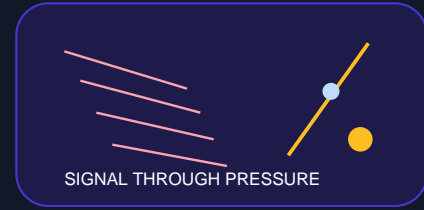


STATUS PRESSURE

Status Load Check

A worksheet for moments when image, role, loyalty, proving, or the desire to be seen a certain way may be shaping the choice.



What this helps you see

- What role or image may be driving the move.
- Whether the decision is serving clarity or approval.
- Where loyalty, fear, or proving may be increasing pressure.
- A cleaner move that does not depend on performing certainty.

How to use it

- Use this before you act, reply, decide, or request guidance.
- Write enough to make the pressure visible. Do not force a perfect answer.
- Bring the notes into a Decision Clarity guidance request when you want support reading the situation.

1. Name the situation

Where might status, image, loyalty, proving, or fear of disappointing someone be shaping the decision?

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

Approval pressure

Loyalty pressure

Authority pressure

Identity pressure

Fear of appearing difficult

Fear of appearing uncertain

Overcommitment

Boundary risk

4. Identify the pressure pattern

Status load signals

- I want to look capable.
- I am afraid of disappointing someone.
- I am saying yes to protect an image.
- The clean answer feels socially expensive.

Clean sorting moves

- Name the role pressure.
- Separate respect from agreement.
- Ask for time.
- Request guidance before committing.

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:

Close the loop enough for now

What decision, conversation, repair, boundary, or request is ready for guidance? What can wait until capacity returns?
