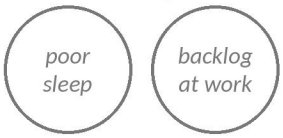
MY PRESSURE MAP

1 · Dump and circle. *A few words per circle. Eight to twelve is plenty.*

- What's been hardest lately?
- What else is weighing on you?
  Check work and money, home, caring for others, your head, your body.
- What do you just put up with?

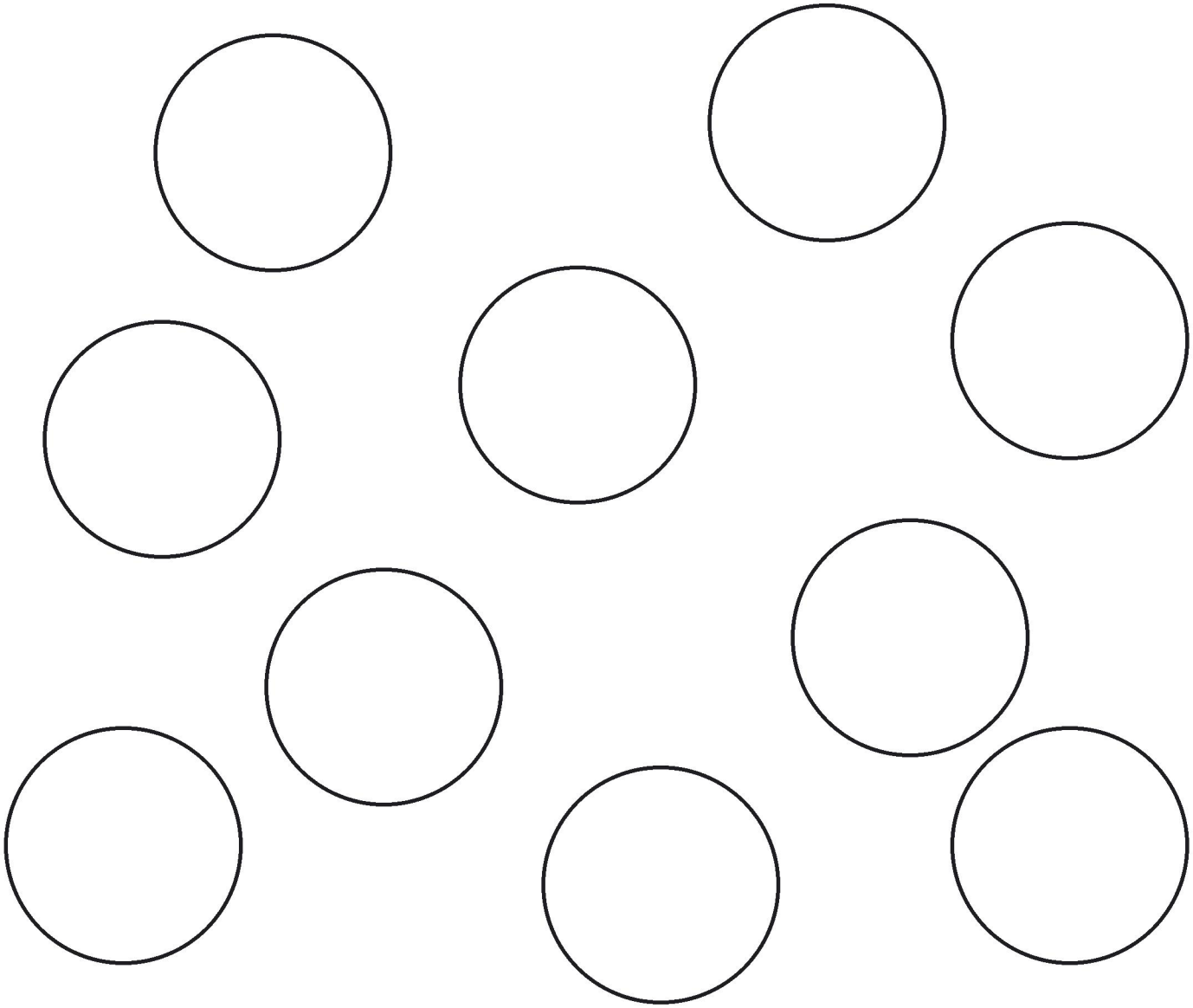
Write what's happening: the morning scramble itself. People aren't pressures.

for example



2 · Draw arrows the way pressure flows. *From what creates it to what feels it. Both ways if they feed each other. Messy is fine.*

3 · Find where to test first. *Count the arrows leaving each circle. It is often not the thing that felt loudest. Your arrows are a best guess at how things connect. The count points you somewhere to start.*



The one with the most arrows, if I can influence it: _____

The next one I can influence: _____

Don't solve it yet. If this changed, what might become easier downstream?

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