

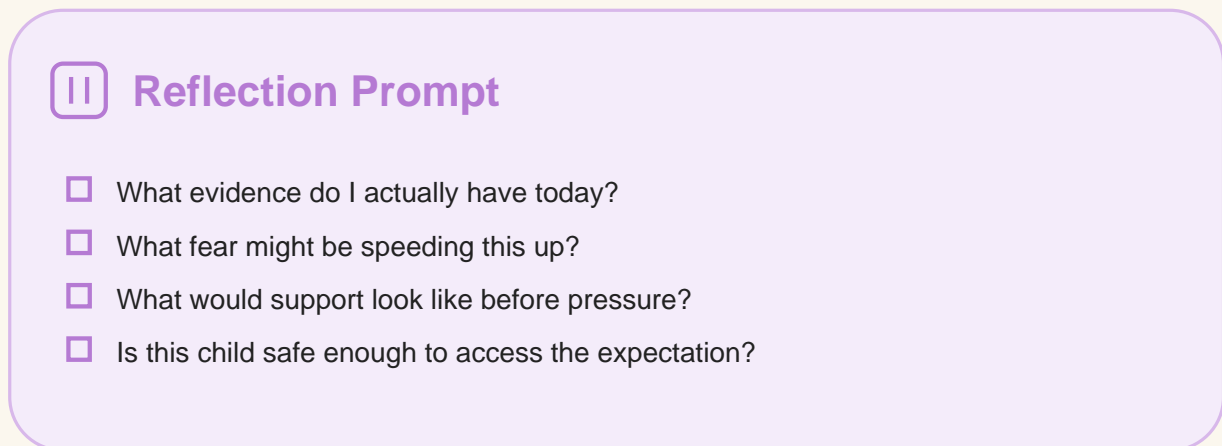
Future-Fear Filter

A 60-second pause before urgency takes over

If it feels urgent, you are allowed to pause.



Ground the moment before you label the future.



Slow is sometimes the safest next step.

Progress follows safety.