

CHOICE <> CHOKE • CAL-004 • 1/2

[Make notes • Make it yours >>]

Choice Points

\Choke Points/

expand options

\narrow options/

Under load,

attention can waiver quickly:

speed > urgency >> tunnel vision

<< overreaction ___ shutdown

Watch the squeeze and compression.

Field notes ^^^^

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CHOICE <> CHOKE • CAL-004 • 2/2

[Make notes • Make it yours >>]

Quick recalibration:

- slow the pace slightly
- widen visual awareness
- reduce one pressure channel
- breathe(s) before responding
- separate urgency from importance

A small pause.

can and does reopen useful options.

More regulated awareness. More choices.

ZSB | 2026

Your examples ^^^^