

FOZY



Crisis Navigation & Decision Making

Tier 3 · Advanced Program · €230 (one-time)

FREE
PREVIEW

What's Inside — Preview

Crisis Navigation & Decision Making gives you a repeatable internal procedure for high-pressure moments — so you act from a prepared, steady place instead of raw reactivity. It draws on principles from emergency medicine, aviation, and disaster response, translated into personal tools.

What you will be able to do

- Run a 4-step Crisis Stabilisation Protocol in the first minutes of a shock
- Separate what is inside your control from what is not, quickly and honestly
- Apply three decision frameworks matched to different kinds of pressure
- Tolerate uncertainty without collapsing into avoidance or impulsivity
- Use pre-written scripts to communicate clearly under stress

The 6 modules

1. **The Crisis Stabilisation Protocol (STOP)** — steady yourself before you decide.
2. **Control, Influence, Accept** — sort the overwhelm and aim your energy.
3. **Three Decision Frameworks** — 10/10/10, Reversible?, and the Values Filter.
4. **Tolerating Uncertainty** — practices to stay functional while things are unclear.
5. **Pressure Response Scripts** — ready phrases for buying time and holding lines.
6. **The Adaptive Thinking Workbook** — updating as new information arrives.

Try it now — the STOP protocol

S — Steady the body: exhale longer than you inhale, six times. **T** — Take stock: state only the facts of what happened. **O** — Orient to now: what truly must be handled in the next 24 hours? **P** — Pick one small action to restore a sense of agency.

This is a short preview. The full program includes all six modules, all three decision frameworks, the complete script library, and the Adaptive Thinking Workbook.

Ready to start? The complete Crisis Navigation & Decision Making program is available now for €230 at fozy-digital.com. One-time payment, lifetime access.