

# Command Centre

Professional Decision Intelligence Report · Career domain · Burnout from overwork · 40s · GB

STATUS · **HIGH ATTENTION**

CLIENT  
CLIENT  
PRACTITIONER  
Practitioner

DECISION RISK SCORE  
**85**/100  
▲ **CRITICAL**

REGRET  
**9.10** /10  
PEER COHORT  
**P92**

MATCHED  
**30** cases  
VAULT  
**V4.2**

EVIDENCE  
**A**  
CONFIDENCE  
**HIGH**

URGENCY  
**Acute**  
DECISION  
**UNRESOLVED**

PATTERN DETECTED  
**BURNOUT + DELAY LOOP**

NICHE · career - burnout from overwork - GB - 40s  
URGENCY · DELAY HARDENING INTO DECISION

N = 30 MATCHED

CONF · HIGH

OUTCOME DISTRIBUTION VAULT · N=30

Negative	<div style="width: 97%; height: 10px; background: linear-gradient(to right, #f08080, #f08080);"></div>	97%
Mixed	<div style="width: 3%; height: 10px; background: linear-gradient(to right, #f08080, #ccc);"></div>	3%
Positive	<div style="width: 0%; height: 10px; background: linear-gradient(to right, #f08080, #ccc);"></div>	0%

**VAULT SAMPLING NOTE** Adverse outcomes are intentionally over-sampled. This is not a population rate. Use for pattern-matching, not prediction.

RISK COMPONENTS WEIGHTED

Regret <small>WEIGHT 35%</small>	<div style="width: 93%; height: 10px; background: linear-gradient(to right, #f08080, #f08080);"></div>	<b>93</b>
Wellbeing <small>WEIGHT 20%</small>	<div style="width: 92%; height: 10px; background: linear-gradient(to right, #f08080, #f08080);"></div>	<b>92</b>
Trajectory <small>WEIGHT 20%</small>	<div style="width: 86%; height: 10px; background: linear-gradient(to right, #f08080, #f08080);"></div>	<b>86</b>
FINANCIAL <small>WEIGHT 25%</small>	<div style="width: 69%; height: 10px; background: linear-gradient(to right, #00aaff, #00aaff);"></div>	<b>69</b>

DOMAIN Career	SUBTYPE Burnout from overwork	AGE BAND 40s	COUNTRY GB	REPORT TIER Professional
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— CORE REFRAME

The risk is no longer only the workload. The risk is carrying the workload while decision capacity is already falling.

↳ FEATURED COACH QUESTION

What becomes harder or unavailable if this continues for another 90 days?

**FRAMEWORK BRIDGE - GROW / OSCAR**

**GROW:** Reality = evidence, Options = trajectory fork, Will = seven-day contract. **OSCAR:** Situation = pattern, Choices = paths, Actions / Review = contract and tracking.

Practitioner use only. Personal patterns only. Not diagnostic, prediction, clinical, legal, financial, therapeutic, tax, medical, or emergency advice.

● CLIENT-SAFE SUMMARY · PAGE 2 ONLY — SHAREABLE WITH CLIENT

PAGE 02 · DECISION ATLAS

## A clearer way to look at this.

A short summary written for you. It does not predict your future, and it is not advice. It is a way to see the question you are actually answering — so the next step gets easier.

ANCHOR QUESTION FOR THIS CONVERSATION

**“What would become easier to see if you had one week with less pressure on your system?”**

### WHAT WE ARE SEEING

- 01 This is no longer only about workload. It is about rising pressure while usable capacity is falling.
- 02 When capacity is low, simple options can feel bigger, riskier, and less reversible than they are.
- 03 The first useful move is not a dramatic decision. It is reducing pressure enough to think clearly.
- 04 A reversible commitment test can create better information than more rumination.
- 05 Then the bigger decision can be reviewed from a stronger position.

● DECISION RULE

**Reduce pressure before asking for a major decision.**

● 7-DAY CONTRACT

**One reversible pressure-reduction move and one dated review point within the next 7 days.**

### QUESTIONS TO SIT WITH BEFORE OUR NEXT SESSION

**Q1** What becomes harder if this decision remains unresolved for another 90 days?

**Q2** What small commitment could be tested this week without forcing a permanent decision?

**Q3** What would you advise someone else to do if fear and pressure were keeping them undecided?

**Q4** What information would a seven-day commitment test give you?

# Case Context & Cohort Match

How this report's matched cohort was assembled, and how confident we are in the read.

N = 30 MATCHED

CONF · HIGH

<p>DOMAIN</p> <p><b>Career</b></p> <p>SUBTYPE · BURNOUT FROM OVERWORK</p>	<p>AGE BAND</p> <p><b>40s</b></p> <p>COHORT SPAN · AGE-BAND MATCHED</p>	<p>COUNTRY</p> <p><b>GB</b></p> <p>LOCALE MATCH · EXACT</p>	<p>VAULT</p> <p><b>v4.2</b></p> <p>DRAWN 12 MAY 2026</p>
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MATCH CRITERIA		5 GATES PASSED
GATE	RULE	RESULT
Domain	Career	EXACT
Subtype	Burnout from overwork	EXACT
Age band	40s · ±1 band	EXACT
Locale	GB · culture cluster	EXACT
Pattern hint	decision friction markers	STRONG

COHORT DISTRIBUTION		N = 30
Delayed decision		21
Structured commitment		7
Reframed		2

**READ** 70% of matched cases entered with the same decision-delay loop the client is presenting. The pattern is well-attested in this cohort.

CONFIDENCE COMPOSITION		GRADE A
Sample sufficiency N ≥ 25 · DIRECTIONAL		78
Pattern coherence LANGUAGE OVERLAP		91
Locale fit GB ONLY		88
Outcome resolution VAULT-SAMPLED		62

— **FRAMEWORK USE**

**GROW:** Reality = evidence and decision-friction read. Options = trajectory fork. Will = seven-day contract. **OSCAR:** Situation = detected pattern. Choices = observed paths. Actions / Review = contract and tracking.

▲ **DIRECTIONAL / ETHICS READ**

Directional means hypothesis, not diagnosis. Signature watch: this pattern may sit close to delay, avoidance, responsibility pressure, or commitment uncertainty. If acute distress, safeguarding risk, self-harm language, or clinical deterioration appears, **pause decision work and follow supervision, referral, or safeguarding procedures.**

Practitioner use only. Observed patterns only. Not diagnosis, prediction, clinical, legal, financial, therapeutic, tax, medical, or emergency advice.

# Risk Components

The four weighted signals that compose the Decision Risk Score of 85.

# 85

DRS · CRITICAL

## REGRET 93

WEIGHT 35%

Cohort regret centres at 9.10/10. The dominant regret in matched cases is **remaining in open-ended delay after the commitment question is visible** — not the decision itself.

**DRIVER** Delay between recognition and action

**DRIVER** fear and ambiguity blocking option-surfacing

**SIGNAL** Client describes "wasted years" framing

## WELLBEING 92

WEIGHT 20%

Emotional load rises while the decision remains unresolved. Wellbeing risk comes from prolonged ambiguity, pressure, and repeated postponement.

**WATCH** Rumination, avoidance, repeated reassurance seeking

**WATCH** Fear pressure vs genuine commitment signal

**FLOOR** Clarity may narrow if the pattern continues

## TRAJECTORY 86

WEIGHT 20%

Cohort momentum favours Path 1 (maintain delay) at 60% without intervention. Trajectory is currently passive.

**DRIFT** No explicit option set named yet

**LEVER** Move to Path 2 with structured commitment testing

**UPSIDE** Path 3 markers absent — but not foreclosed

## FINANCIAL 69

WEIGHT 25%

Moderate practical exposure. The signal is real but not the binding constraint; decision clarity is upstream of logistics.

**CONTEXT** Relationship timing and practical consequences

**NOTE** Practical and logistical outcomes are mixed, not catastrophic

**DEFER** Surface major life logistics only after decision criteria are named

## SEQUENCING

Address Regret + Wellbeing first by creating a reversible commitment test and clear review point. Trajectory shifts as a downstream effect. Financial framing is the final layer — it is easier to discuss but the wrong starting point for this client.

# Evidence Trail

How matched cases became patterns, and what the evidence grade actually means.

GRADE A

DIRECTIONAL · N=30

VAULT VERSION

**v4.2.6**

LAST REFRESH · 12 MAY 2026

VAULT SCOPE

**Sample cohort**

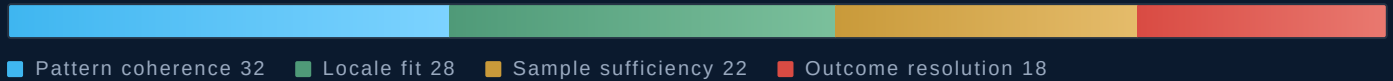
CAREER DOMAIN · GB CLUSTER

CASES MATCHED

**30**

GATE-FILTERED COHORT

## EVIDENCE GRADE COMPOSITION



### 01 · CASE MATCHING

Cases enter the cohort only if they pass five gates — domain, subtype, age band, locale, and pattern hint. Soft matches are excluded. No demographic proxies are used.

### 02 · PATTERN EXTRACTION

The decision-delay pattern is detected through matched hesitation, pressure, commitment-friction, and outcome markers. Production methodology must reflect the actual review workflow and quality controls used in the signal vault.

### 03 · OUTCOME LABELLING

Outcomes are interpreted only where the source provides sufficient outcome evidence. Adverse outcomes are intentionally over-sampled — distributions on this report are **not population rates**.

### 04 · SCORE COMPOSITION

DRS is a weighted composite of Regret · Wellbeing · Trajectory · FINANCIAL signals, normalised against the cohort. Thresholds: 0–39 watch · 40–69 elevated · 70–100 critical.

## KNOWN LIMITS

READ BEFORE USING

**LIMIT** n=30 is directional, not predictive. We do not forecast individual clients.

**LIMIT** Vault skews toward adverse outcomes — base rates cannot be inferred from this report.

**LIMIT** Pattern detection is language-driven; clients who frame indirectly may be under-identified.

# Trajectory Fork

N = 30 MATCHED

Three observed paths drawn from the matched cohort. Use this to choose the coaching intervention — not to forecast the client.

DIRECTIONAL ONLY

**NOTE** · Directional estimates only unless matched cohort reaches 100+ cases. Current **n = 30**. Use this page to choose the coaching intervention, **not to forecast the client**.



**60%**  
SHARE

**Path 1 - Open-ended delay** HIGH-RISK

Delay continues while no commitment test or review point is set; options begin to feel more binding.

**RISK TRIGGER**  
Client keeps seeking certainty while avoiding a reversible commitment test.

REGRET	<div style="width: 85%;"></div>	8.5
COHORT	<div style="width: 60%;"></div>	60%

**30%**  
SHARE

**Path 2 - Commitment test + checkpoint** ↳ COACH TARGET

A reversible commitment test creates evidence; a dated checkpoint turns delay into review.

**GO SIGNAL**  
Client names one reversible commitment test and a dated review point.

REGRET	<div style="width: 40%;"></div>	3.8
COHORT	<div style="width: 30%;"></div>	30%

**10%**  
SHARE

**Path 3 - Clear commitment move** OPTIMAL · RARE

Client moves with clearer criteria, timing, boundaries, and support.

**EARLY MARKER**  
Client describes action as clarity-building rather than final surrender.

REGRET	<div style="width: 20%;"></div>	2.0
COHORT	<div style="width: 10%;"></div>	10%

- COACH INTERVENTION**  
Move the client from Path 1 toward Path 2 by creating one reversible commitment test before forcing a major decision.
- REVERSIBILITY**  
Moderate. Movement is observed once a commitment test and clear review point are created. Not guaranteed.
- SESSION WARNING**  
Do not press final option-selection while criteria are unclear — risk of avoidance, panic, or poor decision quality.
- OUTCOME TRACKING**  
Log pressure level, decision criteria, commitment test, and decision openness at each session. Re-score at session 3.

# Commitment Friction Map

A two-column read of the BURNOUT + DELAY LOOP pattern, with markers for movement.

PATTERN · BURNOUT + DELAY LOOP

## CORE REFRAME

**“The risk is no longer only the workload. The risk is carrying the workload while decision capacity is already falling.”**

### FEAR ↔ COMMITMENT · SESSION MARKERS

#### ● DELAY MARKERS · STAY ALERT

- "I need more certainty before I move."
- "If I commit, I might lose my options."
- "Everyone expects a final answer now."
- Options are postponed until the decision feels impossible to test.
- Treats fear as evidence rather than a signal to test carefully.
- Future planning narrows to reassurance rather than evidence.

#### ● COMMITMENT TEST MARKERS · MOVING

- "I can test this without deciding forever."
- "A reversible step is not the same as surrender."
- Names one commitment test that can be tried this week.
- Tolerates a dated checkpoint without needing a final answer.
- Names support, boundary, timing, or next step as legitimate options.
- Uses clarity-building language, not forced permanence.

#### ● WHAT THE PATTERN PROTECTS

**A short-term sense of safety and optionality. Avoidance can feel protective while quietly turning delay into the decision.**

#### ● WHAT IT COSTS

**Clarity, trust, and reversibility. Every week of unmanaged ambiguity can make the next decision feel more binding.**

### SESSION-BY-SESSION MOVEMENT INDICATORS

SESSION	WHAT TO LISTEN FOR	STATUS
S1	Decision still treated as too risky to name clearly	AVOIDED
S2	First reversible commitment test named	EARLY
S3	Client tolerates practical next-step options	MOVING
S4	Action described as clarity-building rather than final surrender	CLEAR

# Decision Rule & Minimum Commitment

The single rule that governs this case, with success criteria and sequencing notes.

## DECISION RULE

### Create a small commitment test **before** forcing a permanent decision.

Hold this as the only rule that matters for the next 2-3 sessions. Major life decisions should follow evidence from a reversible test, not fear, pressure, or avoidance.

#### ● MINIMUM COMMITMENT · THIS WEEK

**One reversible pressure-reduction move and one dated review point within the next 7 days.**

#### ● SUCCESS CRITERION

**Client names one reversible commitment test, agrees a dated review point, and can discuss options without collapsing into avoidance or reassurance seeking.**

## — SEQUENCING · WHAT COMES BEFORE WHAT

- 01 Name the decision loop.** Reflect back the commitment-delay loop using the client language. Do not interpret yet.
- 02 Test, do not force.** Hold permanent decisions off the table. Asking for final certainty is premature.
- 03 Clarify criteria before options.** One concrete commitment test is the threshold. A dated review point confirms movement.
- 04 Surface options only after criteria are named.** Path 2 markers must be present before option-work begins.

## — COMMON FAILURE MODES

- FAIL** **Premature final-decision pressure.** Drives the client back into Path 1 because every option feels too binding when criteria are unclear.
- FAIL** **Reassurance loops.** Repeated discussion without a test deepens the delay loop.
- RISK** **Commitment panic during testing.** Watch for avoidance, shutdown, or sudden over-correction.
- WATCH** **Coaching dependency loops.** If 3+ sessions produce insight but no named action, ask: Are we using insight to prepare for action, or to avoid it?

Practitioner use only. Not for diagnosis, prediction, clinical, legal, financial, therapeutic, tax, medical, or emergency advice.

# Coach Question Bank

Questions sequenced by stage. Use sparingly — one well-placed question outperforms three.

## — STAGE A - NAMING THE DECISION LOOP

**A1** What becomes harder or unavailable if this continues for another 90 days?

**A2** What part of this decision feels most difficult to name clearly?

**A3** Which part of this is a real commitment decision, and which part is fear asking for certainty?

**A4** What evidence would make the next step clearer?

## — STAGE B - TESTING COMMITMENT

**B1** What would you be able to see after seven days of a small commitment test?

**B2** Which part of the commitment can be tested without forcing a final decision?

**B3** Name one practical action that would create evidence this week.

**B4** What boundary would make this test honest rather than symbolic?

## — STAGE C · REVIEWING OPTIONS

**C1** What would you advise someone else to do if fear and pressure were keeping them undecided?

**C2** What information would a seven-day commitment test give you?

**C3** If this were about evidence rather than certainty, what would the next step be?

**C4** What is the smallest action that would create clarity without forcing the final decision?

## — STAGE D · COMMITTING SAFELY

**D1** What would this action look like if it created clarity without forcing permanence?

**D2** What part of you is asking for this move — and what part is resisting? Name both.

**D3** If you took this step, what would you keep — what travels with you?

**D4** What would you regret more in twelve months — the action, or the delay?

# Session Plan

A directional arc — adapt to the client. Re-score at session 3, not before.

<p><b>S1 · WK 1</b>    <b>Name decision loop</b></p> <hr/> <p>OBJECTIVE Reflect back the commitment-delay loop in the client language.</p> <p>LEAD QUESTION A1 · What becomes harder if this continues for another 90 days?</p> <p>MARKER · END Client names the decision loop and cost of delay.</p> <p>WATCH FOR Reassurance loops · premature final-decision pressure.</p>	<p><b>S2 · WK 2</b>    <b>Test</b></p> <hr/> <p>OBJECTIVE Agree one reversible commitment test.</p> <p>LEAD QUESTION B1 · What can be tested without forcing a final decision?</p> <p>MARKER · END Commitment test and dated checkpoint agreed.</p> <p>WATCH FOR Avoidance, panic, or sudden over-correction.</p>	<p><b>S3 · WK 4</b>    <b>Review options</b></p> <hr/> <p>OBJECTIVE Review options after evidence has been created.</p> <p>LEAD QUESTION C2 · What information did the seven-day commitment test create?</p> <p>MARKER · END Options named with clarity, reversibility, and decision criteria.</p> <p>WATCH FOR Re-delay under fear or external pressure · return to S2.</p>	<p><b>S4 · WK 6</b>    <b>Commit safely</b></p> <hr/> <p>OBJECTIVE Commit to action with boundaries and review point built in.</p> <p>LEAD QUESTION D1 · What would create clarity without forcing permanence?</p> <p>MARKER · END Action selected with support, timing, and review point.</p> <p>WATCH FOR Delay framed as deliberation — name it.</p>
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CLIENT READINESS + RE-SCORE PROTOCOL SESSION 3

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**READY** Client can name the decision without defending avoidance, tolerate one reversible commitment test, and discuss cost of delay without reassurance seeking.

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**RE-SCORE** Re-run at session 3 only if at least two markers are present: commitment test completed, options tolerated, decision criteria named, dated review point exists.

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**ESCALATE** If wellbeing floor is breached at any point, pause decision work and follow appropriate safeguarding or referral procedures.

# Decision Clarity & Wellbeing Watch

What to monitor between sessions. Clarity, avoidance, and pressure are the binding constraints on this case.

CLARITY · UNSTABLE

FLOOR · WATCH

WELLBEING SCORE

**92** /100

HIGH · WATCH

CLARITY WATCH

**Active**

MONITOR BEFORE DECISION WORK

AVOIDANCE PRESSURE

**HIGH**

REASSURANCE LOOP OBSERVED

## WATCH LIST · MONITOR WEEKLY

SIGNAL	WHAT TO ASK / OBSERVE	SEVERITY
Sleep	Sleep disruption that increases emotional reactivity or decision avoidance. Note self-reported quality.	HIGH
Cognitive load	Decision fatigue, working-memory complaints, "fog" language.	HIGH
Affect baseline	Flatness vs reactivity. Loss of small joys is the earlier signal.	MED
Commitment avoidance	"I want clarity, but I keep postponing the next step" - distinct from genuine uncertainty.	HIGH
Social withdrawal	Cancellations, isolation from confidants, avoidance of pressure and clarity questions.	MED
Somatic / behavioural	Speech slowing, physical stillness that looks calm but may indicate shutdown, or loss of humour/lightness. Use as pacing signals, not diagnosis.	MED

ESCALATION TRIGGERS PAUSE COACHING

- STOP** Any expression of self-harm, hopelessness, or crisis ideation — stop decision work and follow appropriate safeguarding or emergency referral procedures.
- STOP** Sudden functional collapse, crisis language, or unsafe behaviour — switch to safeguarding or referral framing and defer decision work.
- PAUSE** Sleep debt > 7 nights, or affect flat > 2 weeks — slow the work, reduce session intensity.

# Reversibility & Risk Triggers

How paths shift in the matched cohort, and which markers indicate movement or reversion.

## OBSERVED PATH MOVEMENT · MATCHED COHORT

FROM	→ TO	OBSERVED IN COHORT	UNDER
<b>PATH 1</b> Delay	<b>PATH 2</b> Commitment test	A reversible test creates evidence and reduces avoidance without forcing a final decision.	23%
<b>PATH 2</b> Commitment test	<b>PATH 3</b> Reframe	Action framed as clarity-building rather than surrender. Rare but observed.	11%
<b>PATH 2</b> Commitment test	<b>PATH 1</b> Re-delay	Fear, family pressure, or uncertainty collapses the test back into avoidance.	17%
<b>PATH 1</b> Delay	<b>PATH 1</b> Held	Default trajectory without a named commitment test.	49%

FORWARD MARKERS **MOVING WELL** REINFORCE

- +** Names one commitment test that can be tried
- +** Reviews options after evidence is created
- +** Names support, boundary, timing, or next step
- ++** Uses clarity-building language

REVERSION MARKERS **PAUSE WORK** RETURN TO S2

- Re-indexes the decision to fear or external pressure
- Frames every option as too binding
- Stops naming practical commitment tests
- !** Avoidance returns with re-delay language

**REVERSIBILITY + REGRET ASYMMETRY**

**Dominant regret in this cohort is inaction / delayed action.** Movement from delay to review is observed once a commitment test and dated checkpoint are created. Delay itself is the risk object. Do not treat movement as terminal until session 3 markers hold under stress.

# Session Tracking & Re-Score Link

Use the secure tracking link after each session. This turns the report from a static PDF into a live outcome loop.

## REPORT-SPECIFIC TRACKING LINK

<p>TRACKING LINK</p> <div style="border: 1px dashed gray; padding: 20px; text-align: center; margin: 10px 0;"> <p>QR CODE GENERATED AT REPORT TIME</p> </div> <p>Secure form path: <b>decisionatlas.co.uk</b> /follow-up/DA-PRO-20260610-FAXZIU</p>	<p>QR PLACEHOLDER</p>	<p>WHAT TO LOG AFTER EACH SESSION</p> <table border="0"> <tr> <td style="border: 1px solid #0070C0; padding: 2px 5px; font-weight: bold; color: #0070C0;">PRESSURE</td> <td>Current pressure level and which external pressure is influencing the decision, if any.</td> </tr> <tr> <td colspan="2"><hr style="border-top: 1px dashed #ccc;"/></td> </tr> <tr> <td style="border: 1px solid #0070C0; padding: 2px 5px; font-weight: bold; color: #0070C0;">CLARITY</td> <td>Decision criteria, avoidance language, reassurance seeking, and commitment-friction markers.</td> </tr> <tr> <td colspan="2"><hr style="border-top: 1px dashed #ccc;"/></td> </tr> <tr> <td style="border: 1px solid #D9534F; padding: 2px 5px; font-weight: bold; color: #D9534F;">ACTION</td> <td>Named commitment test, review point, and whether the test was actually completed.</td> </tr> <tr> <td colspan="2"><hr style="border-top: 1px dashed #ccc;"/></td> </tr> <tr> <td style="border: 1px solid #D9534F; padding: 2px 5px; font-weight: bold; color: #D9534F;">PATH</td> <td>Whether the client is moving toward Path 2, holding in Path 1, or re-delaying under fear or pressure.</td> </tr> <tr> <td colspan="2"><hr style="border-top: 1px dashed #ccc;"/></td> </tr> <tr> <td style="border: 1px solid #D9534F; padding: 2px 5px; font-weight: bold; color: #D9534F;">SAFETY</td> <td>Any safeguarding, referral, clinical deterioration, or scope-boundary flag.</td> </tr> </table>	PRESSURE	Current pressure level and which external pressure is influencing the decision, if any.	<hr style="border-top: 1px dashed #ccc;"/>		CLARITY	Decision criteria, avoidance language, reassurance seeking, and commitment-friction markers.	<hr style="border-top: 1px dashed #ccc;"/>		ACTION	Named commitment test, review point, and whether the test was actually completed.	<hr style="border-top: 1px dashed #ccc;"/>		PATH	Whether the client is moving toward Path 2, holding in Path 1, or re-delaying under fear or pressure.	<hr style="border-top: 1px dashed #ccc;"/>		SAFETY	Any safeguarding, referral, clinical deterioration, or scope-boundary flag.	<p>S1 / S2 / S3</p>
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<p>RE-SCORE TRIGGER</p> <table border="0"> <tr> <td style="border: 1px solid #0070C0; padding: 2px 5px; font-weight: bold; color: #0070C0;">ORDER RE-SCORE</td> <td>At least two markers changed: commitment test completed, options tolerated, criteria named, or dated review point exists.</td> </tr> <tr> <td colspan="2"><hr style="border-top: 1px dashed #ccc;"/></td> </tr> <tr> <td style="border: 1px solid #D9534F; padding: 2px 5px; font-weight: bold; color: #D9534F;">DO NOT RE-SCORE</td> <td>No named action, no commitment test, or the client is still using insight to avoid movement.</td> </tr> </table>	ORDER RE-SCORE	At least two markers changed: commitment test completed, options tolerated, criteria named, or dated review point exists.	<hr style="border-top: 1px dashed #ccc;"/>		DO NOT RE-SCORE	No named action, no commitment test, or the client is still using insight to avoid movement.	<p>SESSION 3</p>
ORDER RE-SCORE	At least two markers changed: commitment test completed, options tolerated, criteria named, or dated review point exists.						
<hr style="border-top: 1px dashed #ccc;"/>							
DO NOT RE-SCORE	No named action, no commitment test, or the client is still using insight to avoid movement.						

**WHY THIS MATTERS**

The first report identifies the pattern. Tracking shows whether the pattern is moving. This creates the 7 / 30 / 90-day outcome loop, supports re-score decisions, and strengthens the vault without collecting unnecessary client identity data.

# Practitioner Notes

When this pattern doesn't fit, what to look for instead, and adjacent reads to consider.

## — WHEN THIS PATTERN DOES NOT FIT

- 01** **Client has already made the commitment decision.** Read instead as implementation or communication work, not decision-delay.
- 02** **External coercion is the binding constraint.** If the choice is being forced by family, finance, safety, or legal pressure, commitment testing may be misplaced.
- 03** **The issue is compatibility, not commitment delay.** Re-match if the evidence points to values mismatch, trust breach, or repeated boundary violation.
- 04** **Decision is already made; client is processing consequences.** Move to integration, communication, or exit-planning framing.

## — COMMON MISREADS

- MISREAD** **Mistaking fear for evidence.** Commitment-delay cases often sound rational while avoiding any test that could create clarity.

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- MISREAD** **Treating the relationship as the only problem.** The binding issue may be fear, timing, family pressure, or unclear criteria.

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- MISREAD** **Confusing a commitment test with a final decision.** The test creates evidence; it does not force permanence.

## DECISION SIGNATURE & ENVIRONMENT

LAYER	WHAT TO CHECK	USE
Signature	Close to Stagnation Lock-In and Responsibility Trap.	RECURRING?
Stakeholders	Organisational, financial, relational, and timing pressure.	MAP
Environment	Responsibility pressure and temporal drift may distort more than stated logistics.	CHECK

# Methodology, Limits & Disclaimers

What this report is, what it is not, and how to use it responsibly.

## METHOD · SHORT FORM

### VAULT

An anonymised collection of decision signals, source references, outcomes, and regret markers. Production vault counts must be generated from Supabase at report time.

### MATCHING

Five-gate filter on domain, subtype, age band, locale, and pattern hint. Soft matches are excluded. No demographic proxies inform pattern selection.

### PATTERN DETECTION

Language-driven and evidence-bounded pattern detection. Production methodology must reflect the actual review workflow and quality controls used in the signal vault.

### SCORING

Decision Risk Score is a weighted composite — Regret 35% · FINANCIAL 25% · Wellbeing 20% · Trajectory 20% — normalised against the matched cohort.

## KNOWN LIMITS

BEFORE USING

### LIMIT

Distributions in this report are **directional pattern weights**, not base rates. The vault intentionally over-samples adverse outcomes.

### LIMIT

n=30 is the floor for any cohort read. Anything below this threshold is excluded from publication.

### LIMIT

Pattern detection is language-driven. Clients who frame indirectly, or in a second language, may be under-identified.

### LIMIT

The report does not, and is not designed to, predict individual outcomes.

## USE OF THIS REPORT

Decision Atlas reports are decision-support material for trained practitioners. They are **not** diagnosis, prediction, clinical guidance, legal, financial, therapeutic, tax, medical, or emergency advice. They are not a substitute for clinical or professional judgement. Practitioners are responsible for the decisions they support.