

PRESENCE AS A SKILL — 1-PAGE BLUEPRINT

The Presence Ladder + Presence Drift Check (Insight4Alignment Thought Lab)

THE PRESENCE LADDER (Use in real time)

Triggers → Regulation → Choice → Integrity

Trigger (name it without a story): “What just activated in me?” (tone, conflict, urgency, disapproval, uncertainty)

Regulation (create space):

Exhale longer • soften jaw • feel feet • drop shoulders • sip water

Choice (return to agency):

“What would alignment choose if I wasn’t protecting my image?”

Integrity (act from truth):

“What action matches my values—even if approval wavers?”

QUICK DRIFT CHECK (Circle one)

Today I most drift into:

- | | |
|---|---|
| <input type="checkbox"/> Proving (performance) | <input type="checkbox"/> Pleasing (appeasement) |
| <input type="checkbox"/> Protecting (defensiveness/control) | <input type="checkbox"/> Withdrawing (shutdown/avoidance) |

My most common trigger is:

My most common body signal is:

ONE MOMENT – FILL IN (1 minute)

Trigger/moment:

What I felt in my body (1-3 words):

The story my mind told:

Regulation move I used (pick one):

Exhale longer Feel feet Soften jaw Water Pause Time-out

Aligned choice (one sentence):

Integrity action (small + doable today):

MICRO-PRACTICE (Daily, under 2 minutes)

Before you respond, ask: “**What is true for me right now?**” Then choose one honest action.

END-OF-DAY WITNESS (One line)

Today I returned to presence when I:

DECLARATION

I can stay with myself. I can regulate before I react. I can choose with integrity.

Other Notes: