

Constraint Architecture

Build the container for the decision. Be specific. Vague constraints produce vague outcomes.

Hard Limits

Non-negotiable. If violated, something irreversible breaks.

Soft Preferences

Important but tradeable. First things adjusted when reality pushes back.

The Sacrifice

Name it before. If you discover it after, it was taken from you.

Willing to lose:

NOT willing to lose:

Narrative Reframe

Binary: "I have to choose between..."

Reframed: "I am navigating a field where..."

Emergent: "The decision that serves all selves is..."
