

Human Pressure Check

60-second decision hygiene for human-only consequential decisions.

Use when

- A decision feels urgent and irreversible.
- You feel pressure to 'push through' uncertainty.
- Authority or consensus is substituting for evidence.
- The choice may create long-term reliance or lock-in.

How to run (60 sec)

- Answer the four pressure questions (below) out loud.
- If any answer is YES → invoke SLOW (pause, clarify, seek disconfirming input).
- If two+ are YES → ESCALATE to a neutral reviewer.
- Write one sentence of trace before acting.

Cognitive

Am I simplifying because time feels scarce?

Ask:

- What is unknown that matters?
- What quick check reduces uncertainty?
- What is reversible in 10 minutes?

Emotional

Would I decide the same if calmer?

Ask:

- What emotion is driving urgency?
- What harm are we avoiding—or creating?
- What de-escalation step comes first?

Authority

Am I deferring to role over evidence?

Ask:

- What would change my mind?
- Who can challenge this safely?
- What is the minimum proof needed?

Dependency

Does this create reliance that's hard to unwind?

Ask:

- What lock-in are we accepting?
- What exit is preserved?
- Who loses agency after this?

Record a trace (1 sentence)

Trace sentence: "HPC-1-H · At [time], pressure flags were [..]. We chose [SLOW/STOP/ESCALATE]. Next step: [action]."