



Pressure Map™

TLS working map for changing protective patterns under pressure

TLS Developmental Coaching

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1. DEVELOPMENTAL DIRECTION What stronger way of acting am I building?	2. PROTECTIVE PATTERN What do I do when pressure rises?	3. PRESSURE STORY + PROTECTED GOOD What feels at risk? What good is being protected?	4. OPERATING PREMISE What rule does my system treat as true?
<i>Name the capacity, stance, or way of being you want more access to when the work gets hard.</i> <i>I am practicing...</i>	<i>List concrete visible moves: what I do, avoid, overdo, rush, delay, control, please, defend, withdraw, or protect.</i> <i>When pressure rises, I tend to...</i>	3A. PRESSURE STORY — WHAT FEELS AT RISK? <i>What danger does my system expect if I act differently?</i> Trigger cues: Predicted cost 1: Predicted cost 2: Felt threat / why this matters: 3B. PROTECTED GOOD <i>What valuable thing is the old pattern trying to protect, preserve, or keep intact?</i> <i>This pattern is protecting...</i> Belonging • Competence • Dignity • Loyalty • Control • Safety • Credibility • Fairness • Stability	<i>Write the pressure rule in plain language. This is the logic that makes the old protection feel necessary.</i> When ____ happens, my system treats it as ____. If I ____, then ____. So I must ____. Possible old rule: <i>Type here...</i>
5. PRACTICE TEST — small action to widen range			
What small, reversible action will help me gather evidence without overwhelming the system?			
I will try...	I will watch for...	I will learn whether...	Debrief with / date...