

THE BALANCE TRIANGLE™

Frame 4: Balance | Chapter 6

The Balance Triangle maps the three dimensions of centered leadership under sustained pressure. Most leaders can hold one or two. The discipline is holding all three simultaneously — especially when the pressure is designed to collapse them.

From the Book

Adriana forces herself to separate what she knows from what she fears. What she knows: Three clients want price cuts. Her operations director is leaving. Cash reserves can cover four months. What she fears: Total collapse. Losing all three clients. Mass layoffs. She decides to make decisions only from the first column. That's the first point of balance: a mind that stays grounded in reality when fear wants to spiral into catastrophe.

THE THREE DIMENSIONS

MIND

Cognitive Clarity

- Separate what you know from what you fear
- Make decisions from facts, not catastrophe
- Sequence: critical, important, noise

HEART

Emotional Regulation

- Feel fully without being hijacked
- Acknowledge emotion, then choose response
- Include feeling rather than exclude it

BODY

Physical Presence

- Inhabit your body fully under stress
- Use anchor rituals (breath, grounding)
- When you can't find your mind, find your feet

MICRO-STABILITY PRACTICES

THE 90-SECOND RULE	The physiological lifespan of an emotion is ~90 seconds. After that, you're choosing to stay in it.	1. Acknowledge it 2. Breathe through it 3. Choose your next move
THE 3-2-1 RESET	When destabilizing, use this immediate grounding technique.	3 deep breaths • 2 feet on floor • 1 sentence: "I am centered."
NAME IT TO TAME IT	Naming an emotion reduces its intensity by activating the prefrontal cortex.	"I'm feeling frustrated" immediately begins to reduce frustration.

Elastic temperament: the capacity to stretch without losing your essential shape.

— Motion Leadership, Chapter 6