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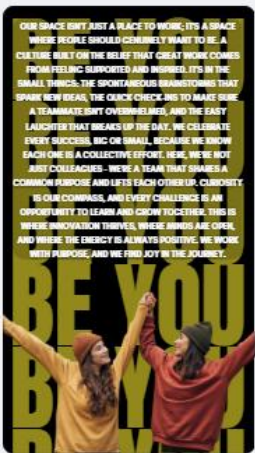
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How to keep the car from sinking

Prepare before the water rises – anchor yourself

- Take one breath before the water rushes in.
Set your intention: *Calm, clear, boundaried.*
- You don't wait until the doors won't open.
You steady your breath, get your bearings, and know what matters *before* the moment floods you.

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Equalise the pressure early

- A small crack in the window - a moment of honesty, a simple acknowledgement - stops the build-up that traps you.
“I can hear this is important to you” or “I’m struggling at the moment”

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Hold your boundaries as the car fills

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Don't let their panic become your panic

- When someone's kicking at the door, shouting, dismissing, or trying to force the situation - you stay steady.
- If they're emotional, loud, dismissive or spiralling - that's them kicking at the door, not you drowning.
Stay steady. Stay factual. Keep the water controlled.

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Reframe the drop as part of the rise

- Sinking isn't failure.
It's how the pressure equalises.
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Protect your authority in the deep end

- No scrambling. No flailing.
You move with intention, with honesty, with self-trust.
- Rise, don't rush.