

# The CrisisClarity Map™

A proprietary 4-step method inside The Founder Reclamation Partnership – Stage 1: The Intensive (30 days)

Confidential • 2 founders per month • For FRP applicants only



## Purpose

To move you from **crisis** → **clarity** fast, with the depth needed for lasting change.

This is **not therapy and not coaching**. It's a structured, outcome-driven partnership designed for founders who need real results under real pressure—without shortcuts, without surface fixes. ✨

## How It Works: The 4-Step Method

**Contain** → **Distinguish** → **Re-route** → **Integrate**

**Contain** – We stop the spiral fast using a 10-day containment approach so you can think and decide again—re-establishing safety and control.



**Distinguish** – We make key distinctions—story vs reality; triggers vs truth — to restore choice and clarity.



**Re-route** – We reframe the problem into an opportunity and begin habit re-routing (self-talk → emotion → action) based on your real weekly patterns.



**Integrate** – We ground the new insights into your nervous system through simple integration practices, so the positive shift becomes stable and systemic.

## What You Get

**By the end of Stage 1**, you don't just "feel better" — you leave with tangible, documented clarity:

- **Recovery & Stress Diagnostics** (with WHOOP technology) — baseline view of sleep/recovery/stress so stabilization is faster and more measurable (not based purely on subjective mood).
- **Your CrisisClarity Map™ blueprint** — written root cause analysis that shows what's driving the crisis—and what needs to shift.
- **Foundational Founder OS System** (Playbook + Session Tools) — custom operating system that captures the distinctions, exercises, and tools we use — so you can repeat the work without depending on motivation (and it evolves as we uncover what you specifically need).
- **Your 16-Week Reclamation Plan** — sequenced blueprint for what to tackle first, next, and last — so you're not trying to solve everything at once and you always know "what now."

## Expectation-Setting

In Stage 1, we typically resolve **one major issue** (sometimes two) — not everything at once, but the right thing first. Deep work takes focus, and some time — not volume.

## The Distinction That Matters

- **The CrisisClarity Map™ is the engine** — the 4-step method drives change inside Stage 1.
- **The 16-Week Reclamation Plan is the itinerary** — the sequenced path you leave with. It's an output of the work, not the intervention itself.

This is why the transformation sticks. ✨