

FOR THE LADDER-HOLDERS.

# YOU CAN HOLD THE LADDER. YOU CAN'T CLIMB IT.

*You can offer a hand but you cannot walk the path for someone else*

## THE STOIC PRINCIPLE

Loving someone in trouble does not mean carrying them out of it. The path through is theirs. The fastest way to delay it is to keep solving for them.

## THE STOIC SUPPORT

*"We need to excuse what our sparring partners do, and just keep our distance without suspicion or hatred., If you know the nature of someone, don't hate- be prepared to deal with their ways."*

MARCUS AURELIUS | MEDITATIONS

# STOIC STEPS FOR RADICAL RESILIENCE

Five steps for staying close without becoming the rescue squad.

## 01 DIAGNOSE: ARE THEY ASKING FOR HELP OR FOR COMPANY?

They are different things. Help is 'what should I do?' Company is 'this is hard, sit with me.' Most of us answer the wrong one and wonder why nothing landed.

## 02 STOP SOLVING IN YOUR HEAD WHILE THEY'RE TALKING

The moment you start drafting their next move, you have stopped listening. They feel it. Listen first. Solve later, only if asked.

## 03 REFLECT BEFORE YOU ADVISE

'That sounds exhausting.' 'I get why you are stuck.' Reflection is slower than fixing. It is also more useful 80% of the time.

## 04 OFFER ONE SPECIFIC HELP, NOT A GENERAL 'I'M HERE FOR YOU'

'I can pick the kid up Thursday.' 'I can review the email before you send.' Specific support lands. Vague support evaporates by lunch.

## 05 LET THE CONSEQUENCES LAND WHERE THEY BELONG

Some lessons only get learned when the cost is felt. Cushioning them keeps the pattern alive. Hard truth: the most loving move is sometimes a step back.

### THE REFRAME

*You can offer a hand. You can't walk the path for someone else. Their unhappiness has a cause. It is not you.*