

FOR THE EMPATH IN THE STORM.

# THEIR STORM. **NOT** **YOUR ROOF.**

*You are not obligated to absorb energy that doesn't belong to you*

## THE STOIC PRINCIPLE

When someone else is loud, hurt, or angry near you, the impulse is to take it on. You do not have to. Their state is their state. Your peace is a separate weather system. You can stand in the rain without being soaked.

## THE STOIC SUPPORT

*"You are invincible if nothing outside the will can disconcert you."*

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# STOIC STEPS FOR RADICAL RESILIENCE

*Five moves for protecting your peace without freezing them out.*

## 01 IDENTIFY WHOSE STORM IT IS

Trace the energy. Did this start in you, or did you catch it? If it is caught, the cure is different. (Mostly: distance.)

## 02 DON'T MATCH THEIR VOLUME

Volume escalates volume. Calm de-escalates. Even when you are 'right.' Especially when you are right. Your tone is the only thermostat in the room.

## 03 DON'T TRY TO FIX THEIR FEELING IN REAL TIME

You cannot talk someone out of being angry while they are angry. Tag the topic for later. 'Let us come back to this when we have both eaten.' Move on.

## 04 STEP OUT FOR TWO MINUTES

Bathroom. Hallway. Outside. Two minutes of physical separation discharges the contagion. Most relationships would be saved by 'go for a walk.'

## 05 AUDIT YOUR OWN STATE AFTER

What did you absorb? Tightness in the chest? Replaying their words? Notice it. Name it. Then put it down. It was not yours to begin with.

### THE REFRAME

*You are not obligated to absorb energy that doesn't belong to you. Their storm. Their roof. You can hand them an umbrella without standing under it.*