

The Threshold Practice

Three moves to land at home as the person your family chose — not the person who survived the day.

Bringing stress home isn't a willpower problem. It's a **transition design problem**. You wouldn't walk from one meeting straight into another with nothing in between. But most of us walk from work into our family with nothing — and then we're surprised when the first twenty minutes at home are tense.

The Threshold Practice gives those twenty minutes back.

01 DECOMPRESS

Before the door — not after.

The last ten minutes of your commute isn't commute time. It's transition time. No work calls. No mentally rehearsing tomorrow's deadlines. Pick one anchor: silence, one specific playlist, or a two-minute voice memo emptying out everything you're still holding from the day. *If you let it ride in your head, it walks in the door with you.*

02 DECLARE

What you need — before you cross the threshold.

Send one text from the car: *"Heading home. Brain is fried. Need fifteen minutes to land before I'm fully here."* This isn't weakness. It's leadership communication. You're protecting the next two hours of your family's emotional climate by being honest about your state.

03 CONNECT

Make the first five minutes count.

The first words out of your mouth when you walk in set the temperature for the night. *"Did you pick up the dry cleaning?"* is operational. *"Hey, I missed you today."* is connection. The first five minutes is the most leveraged time in your home. Spend it as connection — not as logistics.

THE LINE TO REMEMBER

*The person walking through your door at 6:47pm is not the person your family needs. They need the version of you that **chose** them — not the version that **survived** the day.*
