COGNITIVE TRIAGE TABLE

SEPARATE REAL RISK FROM EMOTIONAL URGENCY.
DECIDE WHAT DESERVES ATTENTION NOW, LATER, OR NOT AT ALL.

INPUT Alert, request, finding, message, advisory, task	REAL RISK High / Medium / Low	EMOTIONAL URGENCY High / Medium / Low	OWNER Me / Team / Other	ACTION Now / Later / Delegate / Ignore

TRIAGE QUESTIONS

What is actually at stake?	
What evidence do I have?	
What happens if this waits?	
Who owns the decision?	
What must move if this becomes urgent?	