

THE UNBROKEN MAN - QUICK CARDS

Fast resets for hard nights (use in 60-120 seconds)

OVERTHINKING (LOOP BREAKER)

- Name it: "This is looping."
 - Write the fear: "I'm afraid that ____."
 - One action: water / wash face / 2-min walk.
- REPEAT: "I don't need answers tonight."**

AFTER A TRIGGERING TEXT

- Phone down. 6 long exhales.
 - Write the unsent draft (don't send).
 - Clean response: "I'll respond tomorrow."
- REPEAT: "Urgency is activation."**

PANIC / ANXIETY RESET

- Cold water on face (30 sec).
 - Breathe: 4 in / 2 hold / 6 out (x8).
 - Ground: 5-4-3-2-1 senses.
- REPEAT: "This is a wave. Waves pass."**

SLEEP BRIDGE (12 MIN)

- Water + lights low.
 - Breathing: 4/2/6 (3 min).
 - Write 5 lines: "Right now I feel..."
- REPEAT: "Not tonight. Tonight I rest."**

LONELINESS RESCUE

- Stand + long exhale (x3).
 - Micro-connection: text one person tomorrow.
 - Write: "What I need is ____."
- REPEAT: "Connection is medicine."**

WEEKEND NIGHT PLAN

- Schedule a 2-hour block (third place).
 - Replace old ritual with new ritual.
 - Plan one morning check-in call.
- REPEAT: "Weekends need structure."**

SHAME STOPPER

- "This is shame." (name it)
 - 5 facts only (no insults).
 - Dignity action: shower / clean shirt / reset bed.
- REPEAT: "Shame is a verdict I don't accept."**

HOLIDAY / ANNIVERSARY NIGHT

- Before: pick support + exit plan.
 - During: movement + one contact.
 - After: morning reset + healthy reward.
- REPEAT: "A hard day is not a hard life."**

ANGER DOWNSHIFT

- No messages while activated. Phone down.
 - Discharge: 10 squats / wall push-ups.
 - Translate: "I need to protect ____."
- REPEAT: "I use anger, then I lead."**

NO-ALCOHOL RULE (CRAVING)

- Delay 2 minutes (timer).
 - Replace sensation: shower / tea / walk.
 - Write: "I want to numb because ____."
- REPEAT: "I don't numb my future."**

NOT TONIGHT. TONIGHT I REST.

No major decisions after 9 PM.