

THE EMERGENCY DE-ESCALATION SHEET

THE RULE OF THE BODY

Your brainstem does not speak English. It does not care about your positive affirmations, your mindset shifts, or your logical explanations. When you are triggered, your nervous system is convinced you are about to die. To exit survival

IDENTIFY YOUR ACTIVE SURVIVAL STATE AND EXECUTE THE CORRESPONDING PROTOCOL

PROTOCOL 01 // THE WALL PUSH

FOR: OVER-MOBILIZATION

[STATE: Your system is flooded with survival fuel (adrenaline/cortisol). Your heart is racing, your thoughts are

THE MECHANICS

You cannot "calm down" when your muscles are charged with survival energy. Trying to sit still and meditate during a fight/flight spike is like slamming on the brakes of a car sliding on ice—you will

THE ACTION (60 SECONDS)

FIND A SOLID WALL: Stand approximately two feet away from it, facing it.

ASSUME THE POSTURE: Place your hands flat against the wall at shoulder height. Step one foot back, locking your back leg.

THE ISOMETRIC LOCK: With 100% of your physical strength, try to push the wall over. Push with your legs, your core, and your arms.

THE BREATH: While pushing with maximum effort, do not hold your breath. Take slow, forced, audible exhales through your teeth: "Sssssssh."

THE RELEASE: Hold this maximum push for exactly 20 seconds. Then, step back, drop your arms, let your knees go soft, and take one deep, natural

REPEAT: Run this cycle 3 times.

PROTOCOL 02 // THE SENSORY LOCK

FOR: UNDER-MOBILIZATION

[STATE: Your system has overloaded and pulled its own fuse. You feel heavy, numb, checked out, or like you are living behind a pane of thick glass.]

THE MECHANICS

In a freeze state, your system has decided that defense is impossible, so it has shut down your sensory awareness to protect you from pain. To break the freeze, you must safely re-introduce the

THE ACTION (90 SECONDS)

THE POSTURE: Sit upright. Keep your shoulders completely still. Do not move your head.

THE LATERAL SCAN: Without moving your neck, let your eyes travel as far to the right as they can go. Hold your gaze there for 15 seconds. You may feel a

sudden sigh, a swallow, or a yawn—this is your vagus nerve releasing

THE RETURN: Bring your eyes back to the center.

THE LEFT SCAN: Let your eyes travel as far to the left as they can go. Hold your gaze there for 15 seconds. Wait for the physical release (sigh, swallow,

THE SENSORY AUDIT: Look around the room. Name three physical objects that are blue. Touch one of them and focus entirely on the texture (cold,

PROTOCOL 03 // THE STERNUM LOCK

FOR: THE SWALLOWED BOUNDARY

[STATE: You have just said "yes" when you wanted to say "no." Your throat is tight, your stomach is in a knot, and you feel a quiet, sick feeling of self-betrayal.]

THE MECHANICS

When you swallow a boundary, your body physically collapses inward to protect your vital organs from perceived social retaliation. This creates a deep compression in your solar

THE ACTION (60 SECONDS)

THE HAND PLACEMENT: Place your dominant hand flat over your sternum (the bone in the center of your chest). Place your other hand flat over your

THE COMPRESSION: Apply firm, steady pressure inward with both hands. Feel the physical boundaries of your own skin.

THE EXPANSION BREATH: Inhale deeply into your nose. Force your breath to push outward against your hands, expanding your chest and your belly

THE VOCAL RELEASE: On the exhale, let your jaw drop completely open and make a low, guttural, vibrating hum: "HMMMMMMMM." Feel the vibration in

THE COMMAND: Keep your hands in place, open your eyes, and say out loud: "My space belongs to me."