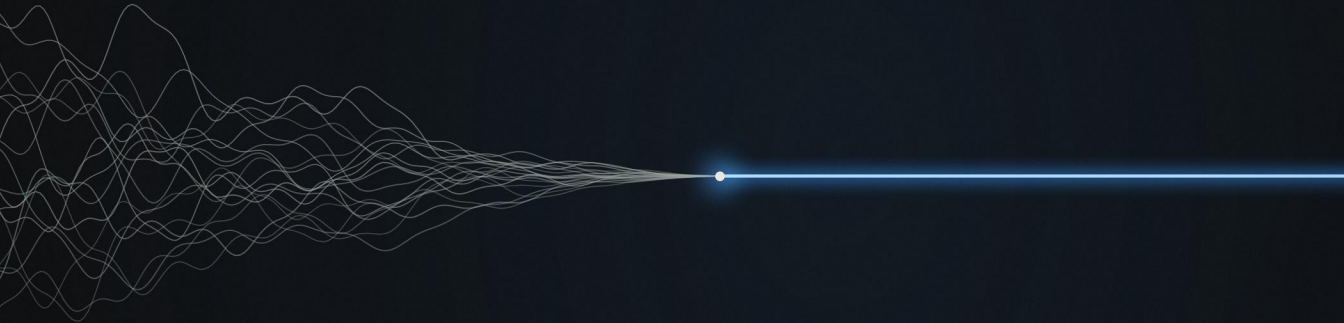


19 SIGNALS · ONE WAY BACK

Signalwork First Aid

A field guide to reading your nervous system
when pressure, noise and old patterns take over



Signalwork First Aid

Signalwork First Aid

A field guide to reading your nervous system when
pressure, noise and old patterns take over

PROTECTIVE EDUCATION SERIES · NO. 01

STILLSICKSTILLHERE

Signalwork First Aid

A field guide to reading your nervous system when pressure, noise and old patterns take over

© 2026 Stillsickstillhere. All rights reserved.

No part of this publication may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording or other electronic or mechanical methods, without prior written permission from the publisher, except for brief quotations in critical reviews and other non-commercial uses permitted by copyright law. The Field Card and the Signal Log pages may be photocopied for your own use.

Signalwork, Fieldcraft, Interference Ecology and the Sovereignty Integration Framework are frameworks of Stillsickstillhere.

Education, not treatment. This book is educational. It does not diagnose, treat or cure any condition, and it is not a substitute for medical, psychological or other professional care. If you are unwell, in pain or unsafe, contact a qualified practitioner, your local emergency number or a crisis line. Stop any practice in this book that makes you feel worse.

ISBN 978-1-291-50567-2 (paperback)



Protective Education Series · No. 01

First edition 2026 · Build SFA-2026-09-29-5

Published by Stillsickstillhere · stillsickstillhere.com

*To every signal that was ignored,
distorted or dismissed.*

This book restores the language.

Contents

Before you begin	8
Why this book exists	9
How to use this book	10
If you only have 30 seconds	11
Fast Lookup Index	12
The signal map	14

PART I

The framework

What a signal is	16
Signal and noise	19
The signal lifecycle	21
How signals get distorted	23

PART II

The method

The Signalwork Method	26
-----------------------	----

PART III

The field entries

How to read an entry	30
The Overthought Signal	32
The False Urgency Signal	34
The Panic-Coded Signal	36
The Overcorrected Signal	38
The Amplified Signal	40
The Overloaded Signal	42
The Numbed Signal	44
The Looping Signal	46
The Delayed Signal	48
The Delayed Reaction Signal	50
The Overridden Signal	52
The Suppressed Signal	54
The Borrowed Signal	56
The Mimicked Signal	58
The Environmental Override Signal	60
The Split Signal	62

CONTENTS

The Contradicted Signal	64
The Quiet Signal	66
The Recovered Signal	68
A closing note	70
Integration	71
Your Signal Log	72
Field Card	83
The Lexicon	84
Where this book sits	86
About Stillsickstillhere	87
Notes	88
My signal profile	89
Grounding Exit	90

Before you begin

Signalwork is reading what your body is telling you before you talk yourself out of it. This book is a field guide to doing that when it's hardest.

It is written for the moment your body gets loud, goes flat or stops making sense, and for the people who live in those moments more often than most: people carrying chronic illness, a trauma history, burnout, or a nervous system that learned early to stay on guard.

It is education, not treatment. Nothing in these pages diagnoses you, and nothing here replaces a doctor, a psychologist or anyone else qualified to care for you. What it offers is language and structure: a way to recognise what your system is doing, and a way back to the part of you that is still accurate.

WHEN IT MIGHT BE A SYMPTOM

Not every sensation is a message to decode. If something is new, changing, severe or won't go away – pain, breathlessness, numbness, dizziness – get it checked by a doctor first. Use this book alongside medical care, never instead of it.

PAUSE POINT

Some pages describe where these patterns come from, including difficult early environments. You don't have to read those sections, and you don't have to read anything in order. If a page lands heavily, close the book, let something hold your weight and breathe out slowly. The book will still be here.

If you are unsafe, or you feel you might harm yourself, stop reading and contact your local emergency number or a crisis line now. The Grounding Exit on the last page (page 90) is there for moments when it's all too much.

Why this book exists

Clarity is not missing. Access is.

This book names 19 patterns your system may fall into, shows how each one feels in the body, and gives you a way back from every one.

Most of us live with an internal signal we can't hear. The signal itself is intact, but years of pressure, conditioning and survival have buried it under noise. Our surroundings reward performance and compliance, not accuracy. Over time the body learns to suppress what it knows and amplify what it fears, and life starts being steered by reactions instead of by what actually matters.

The loss of access

The body has a language most of us were never taught to read. What's true often arrives as sensation before it becomes thought, and modern life trains us to override that moment. When the first registration is ignored it doesn't disappear. It becomes residue, the residue becomes interference, and eventually the system responds to history instead of to the present.

The cost of distortion

Distortion builds quietly. Every unread signal adds weight; every overridden truth adds noise. The layers pile up until clarity feels out of reach – not because it's gone, but because it's buried under adaptations that once kept you safe.

The role of sovereignty

Sovereignty is a capacity, not a personality trait: the ability to sense what is true, separate it from interference and act on it without collapsing into fear or outside pressure. It depends on access to the signal.

How to use this book

This book is built to be used in motion, not studied at a distance. Every section is designed to meet you inside a real moment: pressure, confusion, overwhelm, flatness or the strange feeling of knowing something and not being able to reach it.

Three ways in

- **In the moment.** Turn to the Fast Lookup Index (page 12), find the line that matches how it feels, and go straight to that entry.
- **On an empty tank.** Every entry opens with a Low-Capacity Lane: three lines you can read and do when you have nothing left. That's enough. The rest can wait.
- **When you have space.** Read Parts I and II. They explain what a signal is, how it gets distorted and the five-step Signalwork Method every entry is built on.

Each of the 19 field entries follows the same shape and opens across a single spread, so you never have to turn the page mid-moment.

What it asks of you

You don't have to memorise or master anything. You only have to notice what is happening in your body while it's happening. These patterns are adaptations, formed to protect you where accuracy was punished or unsafe. Read them without judgement and you can see the mechanics of your own system without sliding into shame.

The pages are short because clarity is short. The body doesn't speak in paragraphs. It speaks in shifts – simple, precise information that only gets complicated when interference arrives.

If you only have 30 seconds

LOW-CAPACITY LANE · IF YOU'RE RUNNING ON EMPTY

- 1 Notice the first thing that changed in your body: a tightening, a drop, a pull, a pause.
 - 2 Don't explain it. Just name where it is.
 - 3 Breathe out for longer than you breathe in, three times.
-

The first shift in your body is the best place to start. It often arrives before the story about it, while it's still simple. Catch it there and you have something real to work with before interference piles on.

Notice what changed. Even if it's small. These shifts are the body marking that something matters. The moment you recognise one, you're already closer to clarity than to distortion.

Don't analyse it yet. The moment you start interpreting, you move away from the sensation. The mind will try to create safety through thinking; for now, just stay with what you can feel.

If it feels uncomfortable, stay with it for one breath. Discomfort doesn't automatically mean something is wrong. Many of us override accurate signals because they arrive with vulnerability, and vulnerability is easily mistaken for danger.

If you can't find the signal, find what's louder than it. Pressure, fear, urgency and habit often drown out the original registration. Recognise the interference and the signal gets easier to find.

Then check it. The first shift is a starting point, not proof. An old alarm can arrive first too. That's why the Signalwork Method includes a step called Verify (page 27).

Come back to neutral. Slow the breath, drop your attention into the body and let the moment be simple again. Clarity doesn't need time. It needs access.

Fast Lookup Index

Find the line that sounds most like right now. Don't overthink the choice; the first one that lands is usually right. Go to that page and start with the Low-Capacity Lane.

IF IT FEELS LIKE...	IT MAY BE	PAGE
TOO FAST		
'I need to understand this right now.' Thoughts racing ahead of the body.	Overthought	32
'I need to do something, but I don't know what.' Speed with no target.	False Urgency	34
'Something is happening. This is too much.' An alarm in a moment that's actually neutral.	Panic-Coded	36
'I need to fix this now.' Your reaction is bigger than the moment.	Overcorrected	38
'I know this is true, but it feels too big.'	Amplified	40
TOO MUCH		
'I can't hold all of this.' Many feelings at once, none clear.	Overloaded	42
'I know something is here, but I can't feel it.' Fog, dullness.	Numbed	44
'I'm back here again.' The same thought or feeling, round and round.	Looping	46
TOO LATE		
'I knew, but only afterwards.' The truth arrived hours or days later.	Delayed	48
'I didn't feel it then, but I feel it now.' The emotion hit you later.	Delayed Reaction	50
PUSHED DOWN		
'I felt it, but I didn't listen.' A quiet no you walked past.	Overridden	52
'I can't let this out.' Pressure held under the surface.	Suppressed	54

IF IT FEELS LIKE...	IT MAY BE	PAGE
NOT MINE		
'I feel this, but I know it isn't mine.' You took on someone's state.	Borrowed	56
'I'm reacting like them.' Copying someone's tone or pattern.	Mimicked	58
'I don't know what I feel.' The room drowned you out.	Environmental Override	60
TORN		
'Both of these feel true.' Two feelings pulling you apart, like love and fear.	Split	62
'I want it, but I shouldn't.' A clear yes shut down by a no.	Contradicted	64
CLEAR		
'This feels true, quietly.' A small, calm nudge you almost missed.	Quiet	66
'I'm back online.' Something you couldn't feel has come back.	Recovered	68

This index isn't a diagnosis. It points you to the page that best matches your state.

Too much to choose? Go straight to the Grounding Exit on page 90.

The signal map

All 19 signals on one page, grouped by how they feel from the inside. Six families are ways the signal gets lost. The seventh is what it sounds like when it's clear.

TOO FAST

Overthought · 32	False Urgency · 34	Panic-Coded · 36
Overcorrected · 38	Amplified · 40	

TOO MUCH

Overloaded · 42	Numbed · 44	Looping · 46
-----------------	-------------	--------------

TOO LATE

Delayed · 48	Delayed Reaction · 50
--------------	-----------------------

PUSHED DOWN

Overridden · 52	Suppressed · 54
-----------------	-----------------

NOT MINE

Borrowed · 56	Mimicked · 58	Environmental Override · 60
---------------	---------------	-----------------------------

TORN

Split · 62	Contradicted · 64
------------	-------------------

CLEAR

Quiet · 66	Recovered · 68
------------	----------------

Every signal on this map has its own two-page entry in Part III, with the same five steps back.

The Overthought Signal



WHERE IT BREAKS: INTERPRETATION

LOW-CAPACITY LANE · IF YOU'RE RUNNING ON EMPTY

- 1 Breathe out slowly, longer than the in-breath.
- 2 Drop your attention from your head to your stomach.
- 3 Name the first physical shift you felt. Only that.

A real registration in the body gets pulled up into thinking before the body has finished speaking. The signal is still there. It's been interrupted, and analysis has taken its place.

— WHEN IT ACTIVATES

Overthinking is about pace, not truth. It kicks in when the mind tries to make you safe by explaining the moment instead of staying in contact with it.

- You try to solve the signal instead of feeling it.
- Meaning gets built before the body has completed the shift.
- Fear wants certainty before the signal has a direction.
- The story starts faster than the sensation can settle.

— WHAT IT FEELS LIKE

Thought racing ahead of the body. Several interpretations competing at once, and pressure to figure it out immediately.

| *'I need to understand this right now.'*

— SOMATIC SIGNATURE

Elevation: awareness rising up into the head and away from the body. Breath shortens and rises into the upper chest. The forehead, jaw, temples or the muscles around the eyes tighten. The urgency comes from thinking, not from sensation, and the thoughts loop with nothing in the body to anchor them.

— RESTORATION SEQUENCE

Signalwork doesn't argue with thought. It interrupts the pace and brings attention back to the body.

- ① Slow the in-breath and lengthen the out-breath on purpose.
- ② Drop your attention from your head into your sternum or stomach.
- ③ Find the first moment of sensation, before the thinking started.
- ④ Name it as a physical shift only – no story. 'Tight chest.' 'Drop in the stomach.'
- ⑤ Reassess once the pace has settled.

As thought quietens, the original signal usually comes back: simpler and easier to read.

— WHERE IT COMES FROM (OPTIONAL)

Overthinking often forms where feeling something without being able to explain it wasn't safe – where you had to justify yourself, predict reactions or get ahead of them. It also builds in adult life: long illness with no clear answers, jobs that punish uncertainty, relationships where you had to be ready with a reason. The mind learned to manage uncertainty by working harder. It was a smart strategy. It's also why the body now gets talked over.

OFTEN CONFUSED WITH

Looping replays the same point; overthinking generates new ones. **False Urgency** pushes you to act; overthinking pushes you to understand. **Overloaded** is too many signals at once; overthinking is one signal buried under too many thoughts.

LOG IT LIKE THIS

Tight jaw, thoughts racing · Overthought · slow out-breath, back to stomach

THAT WAS ONE OF NINETEEN

Get the full field guide

You've seen the Fast Lookup Index, the 30-second version and one full entry. The complete book has:

- all 19 field entries, each on a single spread
- the five-step Signalwork Method, with a worked example
- the Field Card, the Signal Log and the Grounding Exit
- printable Field Card, Lookup Index and Signal Log (PDF edition)

PDF with printables · \$29 AUD

Paperback · \$50 AUD, shipping included worldwide

Get it at stillsickstillhere.com →

Education, not treatment. © 2026 Stillsickstillhere.