

Field Card

IN 30 SECONDS

1. Notice the first thing that changed.
2. Name where it is. Don't explain it.
3. Breathe out for longer than you breathe in.

THE METHOD

1. **Detect** – what just changed?
2. **Locate** – where is it?
3. **Verify** – still here if I slow down? About now?
4. **Respond** – smallest action that matches it.
5. **Log** – one line.

FEELS	SIGNAL	IT SAYS	FIRST MOVE
TOO FAST	Overthought	'I need to understand this right now.'	Out-breath, drop into the body
	False Urgency	'I need to do something, but I don't know what.'	Stop. Let something hold your weight.
	Panic-Coded	'Something is happening. This is too much.'	Name five things you can see
	Overcorrected	'I need to fix this now.'	Respond at its real size
	Amplified	'I know this is true, but it feels too big.'	Truth is real; volume is high
TOO MUCH	Overloaded	'I can't hold all of this.'	Remove one input
	Numbed	'I know something is here, but I can't feel it.'	One neutral sensation
	Looping	'I'm back here again.'	Write it in one sentence
TOO LATE	Delayed	'I knew, but only afterwards.'	Honour it; act when ready
	Delayed Reaction	'I didn't feel it then, but I feel it now.'	Let it move
PUSHED DOWN	Overridden	'I felt it, but I didn't listen.'	Pause. Buy time.
	Suppressed	'I can't let this out.'	Soften the brace a little
NOT MINE	Borrowed	'I feel this, but I know it isn't mine.'	A little distance, own breath
	Mimicked	'I'm reacting like them.'	Pause, own words
	Environmental Override	'I don't know what I feel.'	Step out of the intensity
TORN	Split	'Both of these feel true.'	Name both; choose later
	Contradicted	'I want it, but I shouldn't.'	Which came first?
CLEAR	Quiet	'This feels true, quietly.'	One small step towards it
	Recovered	'I'm back online.'	Write it down