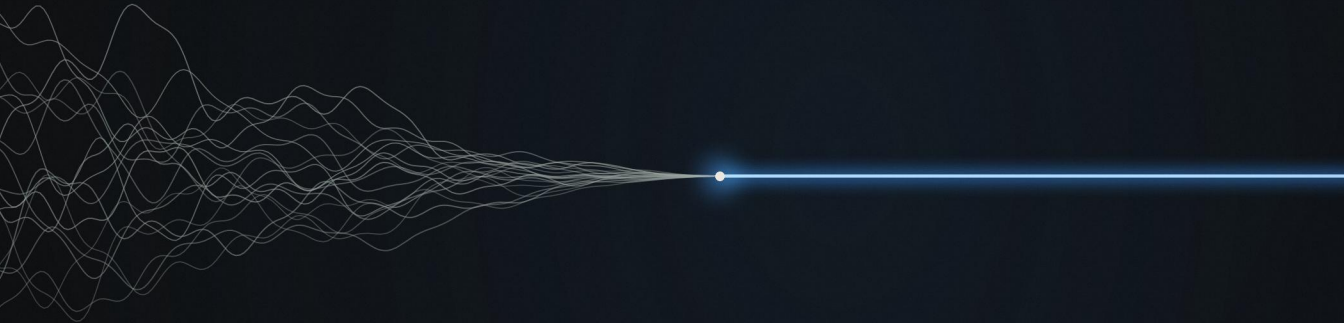


19 SIGNALS · ONE WAY BACK

Signalwork First Aid

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



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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

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

This book restores the language.

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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
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TOO LATE

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

PUSHED DOWN

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

NOT MINE

Borrowed · 56	Mimicked · 58	Environmental Override · 60
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TORN

Split · 62	Contradicted · 64
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CLEAR

Quiet · 66	Recovered · 68
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Every signal on this map has its own two-page entry in Part III, with the same five steps back.

PART I

The framework

What a signal is, how to tell it from noise, and why it gets buried.



What a signal is

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

- 1 A signal is the body telling you something real is happening.
 - 2 It often arrives first, before the story about it.
 - 3 It's information, not a verdict on you.
-

A signal is any physical or mental event that carries real information about a real condition, inside you or around you. It usually appears before interpretation and before the story you tell about it. It isn't a judgement or a verdict on your character. It's information, arriving in the body.

A signal usually has a cause: something specific that can be traced. The body produces signals to point your attention at what needs it. Often, when a signal is heard and answered, it settles. Ignored, it tends to persist, getting louder or more tangled over time.

Not always, though. Some sensations are symptoms – of illness, pain or injury – and they don't settle just because you've noticed them. That's not a failure of Signalwork or of you, just a reason to get support.

Where signals come from

Several systems report in at once, each in its own way:

- **The nervous system** marks what matters through shifts in activation: speeding up, slowing down, bracing.
- **Muscles and connective tissue** register load, tension and readiness.
- **The organs** respond to internal conditions that need adjusting.
- **Attention** swings towards whatever matters.
- **The relational field** – the space between you and other people – responds to pressure, urgency and emotion in the people around you.

Together they form a picture of what is happening inside and around you.

What a signal is for

A signal directs energy towards what is real, so the system doesn't waste effort on things that don't matter. When the underlying issue is addressed, the signal can close and the body can return to neutral. When it's avoided, overridden or misread, it tends to stay open and gather interference.

That's why reading signals matters. Unread signals accumulate, and accumulated signals often show up later as reactions that seem to come from nowhere. Over time the system can feel unpredictable – not because the body is unreliable, but because its signals have been buried.

The five types of signal

TYPE	HOW IT SHOWS UP	WHAT TO KNOW
Physical	A change in breath, posture, tension, temperature or pressure	The most direct form. Often arrives before you consciously notice anything.
Emotional	The first shift beginning to shape a feeling	The body amplifying what matters so it's harder to ignore.
Cognitive	A sudden idea, concern, question or sense that something needs attention	Useful, but downstream. It carries interpretation, not origin.
Relational	A pull towards or away from someone; a rise in vigilance	Often mistaken for personal truth when it reflects the other person.
Environmental	A response to noise, tension, instability or change around you	Helps you orient. Usually faster than conscious awareness.

Signal strength

Signal strength is how intensely the body marks something as important. It isn't a measure of importance or morality. A strong signal doesn't mean the situation is good or bad. It means the body believes it matters.

Signals can be *faint* (a small shift you could easily miss), *moderate* (a clear pull of attention) or *intense* (acceleration, heaviness, agitation or a strong urge to act).

Two things change the volume:

- **History.** When the present resembles a past moment that carried high consequence, the body can turn the signal up even when now is less critical. It's protecting you with what it learned.
- **Load.** When you're already carrying unresolved signals – or illness, pain or exhaustion – even a small new one can feel overwhelming.

A weak signal is not an unimportant signal. Strength tells you how loudly the body is speaking, not how valid the information is.

When a signal is strong, acknowledge it, slow down and separate the present from the past that may be amplifying it. When it's faint, give it room before it's drowned out.

Signal and noise

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

- 1 Slow down for one breath.
- 2 If it's still there, and simpler, it's probably signal.
- 3 If it has multiplied or changed shape, it's probably noise.

A signal is information. Noise is interference. The body produces signals to guide you towards what matters; noise appears when the system is overwhelmed, pressured, conditioned or distracted. Telling them apart is one of the core skills of sovereignty, because noise can feel urgent even when it carries no information at all.

SIGNAL	NOISE
Specific. Points at something real and present.	Scattered. Pulls attention in several directions at once.
Stable. Still there when you pause and breathe. It may soften, but it doesn't vanish.	Unstable. Changes shape as you think about it.
Clearer when examined. It doesn't multiply.	Louder when analysed. More complicated the longer you engage.
Quiet. Even when strong, it's simple. It guides rather than overwhelms.	Loud. Competes for attention and pushes you to react.
Directional. It knows what it's about.	Dramatic but aimless. 'Something's wrong' without saying what.

Noise usually comes from fear, habit, unresolved residue or outside pressure. It tends to show up as looping thoughts, exaggerated emotion or a vague sense of wrongness. Recognise noise for what it is and the signal underneath gets easier to reach.

Common misreadings

Misreadings happen when the body sends a clear signal and the mind interprets it through fear, habit or conditioning. They're learned patterns, formed where accuracy wasn't supported. Five come up again and again:

- **Relevance read as danger.** The body marks something as important and the mind decides it's threatening, because the past taught it that intensity equals risk.
- **Discomfort read as inaccuracy.** A signal can feel uncomfortable because it challenges what you expected. That discomfort doesn't make it wrong.
- **Someone else's state read as your own.** You end up acting on borrowed urgency.
- **Acceleration read as clarity.** When the system speeds up it can feel like certainty. Real clarity is usually steady, not fast.
- **Noise read as signal.** Looping thoughts and scattered emotion, treated as truth, flood the system with information that doesn't exist.

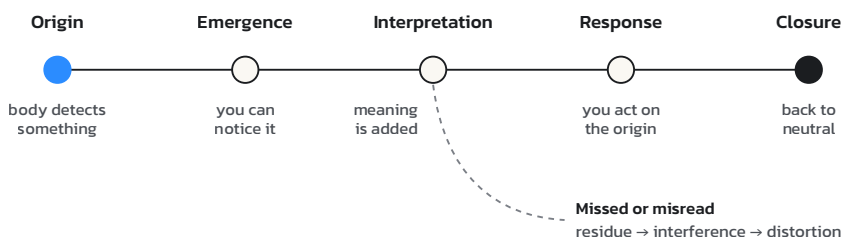
Misreadings are predictable. Once you can spot them, you can stop them steering.

The signal lifecycle

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

- 1 Every signal wants to finish.
- 2 It often finishes when it's noticed and answered.
- 3 Unfinished signals don't vanish. They become background noise.

A signal moves through a simple sequence. It begins as a registration in the body and ends in one of two places: closure or distortion. Understand the sequence and you can catch clarity early, before interference forms.



The lifecycle of a signal. Distortion can enter at any stage, most often at interpretation.

Origin is the moment the body detects that something matters. This first shift often arrives before thought or emotion, which makes it a good place to start. It isn't automatically the truth – an old alarm can arrive first too – which is why the method includes a step to verify.

Emergence is when the shift becomes noticeable: a change in breath, focus, tension or pressure. Catch it here and you have something simple to work with.

Interpretation follows. The mind begins shaping the registration into meaning. That's natural, and it's also where distortion most often gets in. Guided by accuracy, the signal stays clean. Guided by fear or conditioning, it gets altered.

Response is where you act on the information. A good response matches the origin of the signal, addressing the actual condition rather than the noise around it.

Closure is completion. The body returns to neutral because the information has been acknowledged and acted on. It's a settling in the body, not necessarily an emotional release.

When a stage is skipped or misread, the signal doesn't complete. It becomes residue, and residue becomes interference. Unresolved signals accumulate, making new ones harder to read. That is how clarity gets buried under old moments that never finished.

TRY IT NOW: WALK ONE MOMENT THROUGH THE LIFECYCLE

Think of something small from today – a message, a noise, a request.

Origin. What did your body do first? A drop, a tightening, a lift?

Emergence. When did you first notice it?

Interpretation. What story did you add? Was it about now, or about before?

Response. What did you do? Did it match the first shift, or the story?

Closure. Did your body settle afterwards? If not, that moment may still be open. You can come back to it with the method in Part II.

How signals get distorted

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

- 1 Distortion doesn't mean the signal is false.
 - 2 It means something has been layered over it.
 - 3 Name one layer – speed, pressure, habit – and it loosens.
-

PAUSE POINT

This chapter touches on conditioning and early environments. Skim it, or skip to Part II, if you need to.

Signals become distorted when the system loses the conditions it needs for clarity. Interference layers itself over the original registration, usually long before you notice anything is wrong.

Five forces that bend a signal

- **Speed.** When your surroundings demand a fast response, the mind overrides sensation to keep up. Urgency replaces accuracy.
- **Conditioning.** If you grew up where signals were dismissed or punished, the system learned to mute or disguise its own truth. Those adaptations now run automatically.
- **Relational pressure.** The body responds to other people's emotional states. With enough exposure, their urgency starts to feel like yours.
- **Load.** When unresolved signals pile up – or illness and pain take up bandwidth – even simple signals feel heavy or unclear. The system is saturated.
- **Habit.** The subtlest of all. After years of reading sensation through fear or self-protection, the mind rewrites the signal before the body has finished speaking.

Where the interference comes from

From inside. Fear attaches to a signal before you've had time to recognise it. Residue rises when the present resembles the past. Habit swaps accuracy for automatic behaviour. Internal pressure makes small signals feel huge.

From outside. Other people's urgency overrides your own registration. Noise, conflict and unpredictability pull the system into vigilance. Places that reward compliance teach the body to distort itself to stay acceptable. A fast-moving world makes you rush interpretation or skip emergence entirely.

From culture and conditioning. Many cultures reward emotional suppression, so subtle signals get harder to hear. Some teach you to put others first, so relational pressure outranks internal truth. Performance-based worth teaches you to override anything that slows you down. These rules are learned, not inherent.

Cumulative distortion

When a signal doesn't complete its lifecycle it becomes residue, which stays active in the background and shapes how you read what comes next. As it builds up, simple signals feel heavy, new ones get amplified so they won't be ignored, and the system fills with noise that makes the present harder to hear.

Distortion is not damage

The most important idea in Part I is that cumulative distortion is *reversible*. A distorted signal is a covered signal, not a broken one. It has been layered over, for reasons that made sense at the time. As you begin resolving signals more accurately, the residue can clear, and clarity becomes easier to reach again.

PART II

The method

Five steps that take you from the first shift in your body back to what is true.

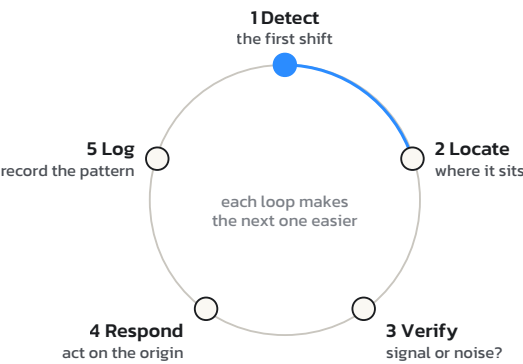


The Signalwork Method

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

- 1 **Detect** – what changed?
- 2 **Locate** – where is it?
- 3 **Respond** – do one small thing that matches it. (Verify and Log can wait.)

The Signalwork Method is a structured way of returning to the body’s first registration. It teaches you to recognise the original signal, separate it from interference and act from clarity rather than reaction. It’s simple, but it asks for consistency, because the most useful information lives in the earliest moments of sensation.



The five steps. Logging feeds the next detection, so the method gets faster with use.

Step one · Detect

Detection is noticing the first shift in the body: a change in breath, focus, tension or pressure. It often arrives before thought or emotion. It’s subtle and easy to miss, so detection needs a moment of stillness.

When you detect the signal, you don't analyse it yet. You simply acknowledge that the body has marked something as mattering.

Ask: 'What just changed?'

Step two · Locate

Location anchors the signal in the body. Once you've detected the shift, find where it sits and how it moves: the chest, the stomach, the throat, the shoulders. Each place carries different information.

A signal with a clear place in the body is easier to read and harder for interference to reshape.

Ask: 'Where is it, and is it moving?'

Step three · Verify

Verification is checking what the registration actually is: signal or noise, and whether it belongs to now or is residue from the past. It doesn't need analysis. It needs honesty.

A true signal tends to stay steady when you slow down. Noise scatters or changes shape. The first shift is where you start, not proof of what's true – so this is also where you ask whether it might be an old alarm, or a symptom that needs medical attention.

Ask: 'If I slow down, is it still here? Is it about now?'

Step four · Respond

Response is acting on what the signal is telling you. The action might be a boundary, a change of pace, a shift in behaviour or a small internal adjustment. A good response addresses the actual condition, not the noise around it.

When the action matches the moment, the body can move towards closure and back to neutral.

Ask: 'What is the smallest action that matches this?'

Step five · Log

Logging strengthens recognition. Afterwards, record what the body marked, how interference showed up and what you did. It doesn't need detail. It needs accuracy.

Log consistently and your patterns become visible. Detection gets easier, verification gets faster and distortion becomes less convincing. The Signal Log starts on page 72.

Write one line: 'What I felt · where · what I did.'

The whole method on one page is on the Field Card (page 83). Photocopy it and keep it where you'll see it.

ONE MOMENT, FIVE STEPS

A friend texts: 'Can you help me move on Saturday?'

Detect. Your stomach drops the second you read it.

Locate. Low in the belly, heavy, not moving.

Verify. You slow down. It's still there, and it's about now: you're already exhausted this week. Not an old alarm.

Respond. You reply: 'I can't lift this week, but I can bring lunch.'

Log. Stomach drop, heavy · nearly Overridden · said no to lifting.

PART III

The field entries

Nineteen patterns, and the way back from each one.



How to read an entry

PAUSE POINT

The entries that follow describe 19 patterns and where they tend to come from, including hard early experiences, illness and difficult relationships. Some of it may feel close to home. You don't have to read in order, or at all: in a hard moment, go to your entry and read only the Low-Capacity Lane. If it gets too much, stop. The Grounding Exit is on the last page.

Each entry describes one pattern your system may fall into when clarity is compromised. Each one is a form of protection that made sense somewhere, and each one can be read, named and softened.

The seven families

The 19 entries are grouped by how they feel from the inside, the same way the Fast Lookup Index is organised:

FAMILY	WHAT IT FEELS LIKE	ENTRIES
Too fast	Speed, alarm, urgency, a reaction bigger than the moment	Overthought · False Urgency · Panic-Coded · Overcorrected · Amplified
Too much	Overwhelm, fog, going round in circles	Overloaded · Numbed · Looping
Too late	Knowing or feeling it only afterwards	Delayed · Delayed Reaction
Pushed down	A truth walked past or held under	Overridden · Suppressed
Not mine	Other people's states running through you	Borrowed · Mimicked · Environmental Override
Torn	Two truths pulling against each other	Split · Contradicted
Clear	The signal itself, quiet or returning	Quiet · Recovered

The anatomy of an entry

1. **Where it breaks.** A small strip of the signal lifecycle (page 21) showing, in blue, the stage where this pattern interrupts the signal. On the two Clear entries it shows the signal reaching closure intact.
2. **Low-Capacity Lane.** Three lines to read and do when you're running on empty.
3. **What it is.** The pattern in one or two sentences.
4. **When it activates.** The conditions that set it off.
5. **What it feels like.** How it shows up from the inside.
6. **The sentence.** The line it usually says in your head. Often the fastest way to recognise it.
7. **Somatic signature.** Where and how it tends to show up in the body.
8. **Restoration sequence.** Numbered steps back to the original signal.
9. **Where it comes from.** How the pattern tends to form. Optional reading. (The two Clear entries have 'Why it matters' instead, because they aren't interference patterns.)
10. **Often confused with.** The neighbouring patterns, so you can tell them apart.
11. **Log it like this.** One line for your Signal Log.

Every entry opens across a single spread: you can see all of it at once.

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

The False Urgency Signal



WHERE IT BREAKS: EMERGENCE

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

- 1 Stop. Feel your weight in the chair, bed or floor beneath you.
- 2 Say: 'Nothing needs to happen in the next minute.'
- 3 Breathe out slowly three times before you move.

The system generates speed and pressure that don't match the moment. The body accelerates, but the acceleration has no direction. The urgency feels real; it just isn't connected to anything that needs doing right now.

— WHEN IT ACTIVATES

Pressure revs the system faster than a real signal can form.

- Pace rises before any signal has taken shape.
- Old emotional residue imitates urgency.
- Thought loops create pressure that feels like direction.
- The world around you speeds up and your system follows.

— WHAT IT FEELS LIKE

Speed without aim. A strong impulse to act immediately, attention narrowing with no clear target, agitation with no clear cause, and the feeling that something must happen now.

| *'I need to do something, but I don't know what.'*

— SOMATIC SIGNATURE

Acceleration. Quick breath that never reaches full depth. Tightening in the chest or upper abdomen. Muscles ready for action with nothing to do. A restless energy in the arms and legs, a forward lean and real difficulty staying still.

— RESTORATION SEQUENCE

- ① Stop moving. Stillness is the intervention.
- ② Let something hold your weight: feet on the floor, back against the chair, or your whole body on the bed.
- ③ Lengthen the out-breath until your pace starts to drop.
- ④ Ask: 'What exactly needs to happen, and by when?' If there's no clear answer, it's noise.
- ⑤ If there is a real task, name the single smallest next step and do only that.

False urgency convinces because pace feels like truth. When the pace drops and nothing is left pointing anywhere, you have your answer.

— WHERE IT COMES FROM (OPTIONAL)

False urgency often forms where stillness wasn't safe – where moods shifted quickly, hesitation led to conflict and staying a step ahead kept things calm. It's also common in adult life: workplaces built on constant deadlines, caring for someone unwell, living with a body that might give out before the task is done. Speed came to feel like control. It was how you survived.

OFTEN CONFUSED WITH

Panic-Coded is an alarm that says 'danger'; false urgency says 'hurry'. **Overcorrected** starts from a real signal and overreacts to it; false urgency often has no signal underneath at all.

LOG IT LIKE THIS

Restless, chest tight, had to move · False Urgency · weight into the chair, three out-breaths, nothing was due

The Panic-Coded Signal



WHERE IT BREAKS: INTERPRETATION

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

- 1 Name five things you can see, out loud or in your head.
- 2 Say: 'This is an old alarm. Right now, I am here.'
- 3 Let the out-breath be long and slow, like a sigh.

The system reads a neutral or mildly stressful moment as a threat and escalates instantly. It's reacting from an older code: a high-alert response that doesn't match what is actually happening now.

— WHEN IT ACTIVATES

It fires when the system can't tell activation apart from danger – often when something in the present resembles a moment that really was unsafe.

- A neutral cue is read as a threat.
- Emotional tone rises faster than relevance.
- The body shifts into emergency mode before anything has been assessed.
- A sound, a tone or a symptom gets coded as danger.

— WHAT IT FEELS LIKE

The body reacting faster and louder than the moment requires. Sudden intensity, a sense that something is wrong without any evidence, and feeling taken over by your own escalation.

| *'Something is happening. This is too much.'*

— SOMATIC SIGNATURE

Sudden escalation: activation spiking in a single jump rather than building. Rapid breath in the upper chest. Sharp tightening in the gut or abdomen. The body mobilised with nowhere to go.

— RESTORATION SEQUENCE

- ① Orient to the present: look around slowly and name what you can see.
- ② Tell your system what time it is. 'It is now, not then.'
- ③ Lengthen the out-breath. Let it be audible if that helps.
- ④ Press your feet, hands or back into something solid and feel it push back.
- ⑤ Once the spike passes, ask gently: 'Was there a real signal under the alarm?' If there was, respond to that – at its actual size.

— WHERE IT COMES FROM (OPTIONAL)

Panic-coding often forms where threat was real, frequent or unannounced: behaviour that shifted suddenly, a home or workplace where vigilance kept you safe, a medical crisis that came out of nowhere. The body learned to mobilise first and assess later. In that situation it was the right call. Now it fires in rooms that are safe.

OFTEN CONFUSED WITH

False Urgency says 'hurry'; panic-coding says 'danger'. **Amplified** turns a real signal up too loud; panic-coding raises an alarm where the signal may be neutral.

WHEN TO GET HELP

If the alarm keeps coming, or arrives with chest pain, trouble breathing or fainting, get medical help. This book is education, not treatment.

LOG IT LIKE THIS

Gut spike in the supermarket queue · Panic-Coded · named five things, 'it's now'

The Overcorrected Signal



WHERE IT BREAKS: RESPONSE

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

- 1 Don't act yet. Give it three slow breaths.
- 2 Ask: 'How big was the first thing I felt?'
- 3 Respond only at that size.

The system responds to a small, accurate registration with far more force than the moment needs. The signal was small. The reaction is big – protection dressed up as decisiveness.

— WHEN IT ACTIVATES

The system tries to head off discomfort by acting bigger than the signal asks for.

- A mild signal triggers a disproportionate change in behaviour.
- You try to fix or control the moment immediately.
- Vulnerability rises and gets answered with intensity.
- You try to prevent future harm by escalating now.

— WHAT IT FEELS LIKE

Urgency with a direction – but the direction doesn't match the original registration. Sharpness in the chest, a strong impulse to act fast and a sense that doing more will make you safe.

| *'I need to fix this now.'*

— SOMATIC SIGNATURE

Escalation: the body turning a small truth into a large reaction. Quickening breath. Tightening across the chest or shoulders. A strong forward-moving push and an emotional edge.

— RESTORATION SEQUENCE

Signalwork reduces intensity before responding.

- ① Slow the pace of action on purpose. Delay any message, decision or big move.
- ② Separate the original signal from the reaction to it.
- ③ Strip out the exaggerated story around the moment.
- ④ Reassess the actual size of the registration.
- ⑤ Respond only to the original signal, not the amplified version.

As intensity drops, proportion returns.

— WHERE IT COMES FROM (OPTIONAL)

Overcorrection often forms where small problems had large consequences, or where the only way to feel safe was to get in first and fix things before anyone else reacted. It can also grow out of adult experience: a job where one mistake was costly, a health scare that taught you to act on every symptom at once. The system learned that more is safer. The cost is a life of big responses to small signals.

OFTEN CONFUSED WITH

Amplified is about volume – the signal feels too big. Overcorrected is about action – you *do* too much. They often arrive together: amplified feeling, overcorrected response.

LOG IT LIKE THIS

Small comment, sent a long reply · Overcorrected · waited, answered in one line

The Amplified Signal



WHERE IT BREAKS: EMERGENCE

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

- 1 Say: 'The truth is real. The volume is too high.'
- 2 Breathe out slowly until the edge softens a little.
- 3 Write the truth in five words or fewer.

The system registers something true, but the intensity is louder than the moment requires. The perception is accurate; the body is over-mobilised, with extra charge layered on top.

— WHEN IT ACTIVATES

The perception is correct. What's turned up is the emotional or physical charge.

- A small internal cue becomes a large internal reaction.
- A signal that started out subtle gets extra pressure added.
- Emotional residue from the past amplifies the present.
- Pace, stress or anticipation raises the intensity.

— WHAT IT FEELS LIKE

Truth wrapped in too much intensity. A clear yes or no that feels overwhelming. Emotion sharper or heavier than the situation calls for, and difficulty separating what's true from how strongly you feel it.

| *'I know this is true, but it feels too big.'*

— SOMATIC SIGNATURE

Breath rising quickly into the upper chest. A tightening that grows louder than the moment. Emotional tone going sharp or urgent, and activation spiking above your usual baseline.

— RESTORATION SEQUENCE

Signalwork reduces the volume before interpreting the meaning.

- ① Slow the system down enough for the activation to settle.
- ② Find the original signal underneath the escalation.
- ③ Name the truth separately from the intensity. 'This matters. It is not an emergency.'
- ④ Reduce the load through grounding: feel your seat, your breath, the weight of your hands.
- ⑤ Let the signal return to its natural volume before you decide anything.

As activation drops, accuracy gets easier to read.

— WHERE IT COMES FROM (OPTIONAL)

Amplification often develops where quiet signals were ignored, so the body learned to shout to be heard – by other people, or by you. It also builds when there's a lot of unresolved residue, or when illness and fatigue have lowered your threshold, so each new signal carries the weight of the old ones. The volume is the system trying to make sure you don't miss it again.

OFTEN CONFUSED WITH

Panic-Coded raises an alarm that may have nothing real beneath it; amplification always has a real signal underneath. **Overcorrected** is the action that often follows amplification.

LOG IT LIKE THIS

Clear no, but shaking with it · Amplified · named it in five words, waited to answer

The Overloaded Signal



WHERE IT BREAKS: EMERGENCE

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

- 1 Turn off, or turn away from, the loudest thing near you.
- 2 Let something support your back and your weight.
- 3 Remove one demand – the easiest one to drop, not the most important.

The system receives a real, accurate signal, but too much activates at the same time for it to be read cleanly. The signal is there, drowned out by everything else. Overload is a capacity limit.

— WHEN IT ACTIVATES

Everything firing at once exceeds the bandwidth you have available.

- Several distinct signals fire together, each wanting its own answer.
- Residue from unresolved signals activates alongside the new one.
- The environment asks for more than you can currently absorb.
- You were already carrying a backlog before this arrived.
- One more request, however small, tips the system past its threshold.

— WHAT IT FEELS LIKE

Many things at once rather than one big thing. Too many sensations, thoughts and emotional tones competing for the same narrow channel, none of them finishing. Too many possible actions, which produces paralysis.

| *'I can't hold all of this.'*

— SOMATIC SIGNATURE

Compression: internal space collapsing under simultaneous demand. Breath tight and high in the chest. Pressure behind the sternum that rises with every new input. Racing thought with no thread to follow, ordinary things landing with too much force, and urgency without direction.

— RESTORATION SEQUENCE

Signalwork doesn't force clarity during overload. It reduces the load first, because clarity depends on bandwidth, not effort.

- ① Stabilise the body: something under you, something behind your back.
- ② Quieten the loudest outside input you can.
- ③ Make the out-breath longer than the in-breath.
- ④ Remove one input straight away, chosen because it's easy to remove, not because it's important.
- ⑤ Wait a fixed time – two minutes, 10 minutes – then reassess the load.

As the load comes down, the original signal reappears: simple, quiet and precise.

— WHERE IT COMES FROM (OPTIONAL)

Overload builds where demands were constant and rest was rare, and in bodies already carrying illness, pain or exhaustion. When capacity is permanently stretched, the threshold sits lower. This is information about load, not about how well you cope.

OFTEN CONFUSED WITH

Numbed is what can happen after overload: the system turns the volume down to cope.

Overthought is one signal buried under thinking; overload is many signals at once.

LOG IT LIKE THIS

Everything at once, couldn't think · Overloaded · TV off, cancelled one thing, reassessed at 10 minutes

The Numbed Signal



WHERE IT BREAKS: EMERGENCE

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

- 1 Don't try to feel more. Numbness is doing a job.
- 2 Notice one neutral sensation: your hands, what's under you, the air temperature.
- 3 Say: 'Something is here. I don't need to reach it yet.'

The system turns sensation down to protect itself from overload. The signal is still being registered, just at a level that feels muted, distant or out of reach.

— WHEN IT ACTIVATES

There's more emotional, sensory or relational load than you can process in real time.

- Emotional charge flattens.
- Sensation goes muted or distant.
- Signals lose their sharpness.
- The system shifts from feeling to functioning.

— WHAT IT FEELS LIKE

Going quiet, but not gone. Fog or dullness. A muted response to things that would normally move you. Being present but not fully engaged, and struggling to know what you want or what's true.

| *'I know something is here, but I can't feel it.'*

— SOMATIC SIGNATURE

Flattening: sensation losing depth, weight and immediacy. Breath shallow but steady. Emotional tone quiet or neutral. The body functional but not expressive – dimmed, as if someone has turned the lights down inside.

— RESTORATION SEQUENCE

Numbness lifts when the system feels safe enough, not when it's pushed.

- ① Accept the numbness as protection. Don't chase feeling.
- ② Reduce the load around you where you can: noise, people, screens.
- ③ Anchor to one neutral sensation, like temperature, texture or weight.
- ④ Add gentle movement if you can: roll your shoulders, press your palms together, stretch your fingers.
- ⑤ Notice any small return of detail, and let it be enough. Feeling returns in its own time.

— WHERE IT COMES FROM (OPTIONAL)

Numbing often forms where emotional intensity was unsafe, overwhelming or unsupported, or where there was simply too much to feel. Early life, grief, long illness and years of pushing through can all train it. It doesn't mean something is missing in you; it means something was too much.

OFTEN CONFUSED WITH

Suppressed holds a signal down with effort; numbness turns the whole volume down. **Quiet** is a calm, clear signal at low volume; numbness is foggy and far away.

WHEN TO GET HELP

If numbness is new, sudden or physical – loss of feeling in part of your body – see a doctor.

LOG IT LIKE THIS

Fog after the appointment · Numbed · hands on the cold bench, let it be

The Looping Signal



WHERE IT BREAKS: CLOSURE

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

- 1 Say: 'I'm in a loop. This is something unfinished.'
- 2 Write the loop down in one sentence.
- 3 Change your state in one small way: sit up, lie down, sip water, look out a window.

The system repeats the same emotional, mental or physical pattern without resolution, replaying one internal moment because it can't complete the signal. Repetition without progress.

— WHEN IT ACTIVATES

The system detects something that matters but can't move it forward.

- Emotional charge stays partly unresolved.
- Thoughts circle the same point, looking for closure.
- Activation rises, resets and rises again without release.
- The moment stays internally open.

— WHAT IT FEELS LIKE

Being pulled back into the same internal moment again and again. The same thought returning, the same feeling, the same rise and fall. A kind of internal déjà vu, and difficulty moving into anything new.

| *'I'm back here again.'*

— SOMATIC SIGNATURE

Repetition: the same activation pattern returning without progression. Tightening that rises and resets. Breath patterns that cycle. The body active but not getting anywhere. Loops feel loud because repetition amplifies sensation.

— RESTORATION SEQUENCE

A loop is an unfinished signal. The way out is completion, even a small one.

- ① Name it: 'This is a loop.' Naming takes some of the urgency out.
- ② Find the original signal the loop keeps circling. What did the body first register?
- ③ Write it in one sentence. On paper, the loop has somewhere to land.
- ④ Ask: 'What would one small completion look like?' A decision, a message, a boundary or simply 'not today'.
- ⑤ Change your physical state so the loop can't pick up where it left off.

When the signal gets even a partial ending, the loop loses fuel.

— WHERE IT COMES FROM (OPTIONAL)

Looping often forms where emotional processes were interrupted before they could finish: feelings cut off, conversations shut down, grief that never got its time. Adult life adds more – a diagnosis still unresolved, a relationship that ended without an ending. The unfinished moments keep replaying. The loop is the system still trying to finish.

OFTEN CONFUSED WITH

Overthought generates new thoughts; looping replays the same one. **Delayed Reaction** arrives once, late; a loop keeps coming back.

LOG IT LIKE THIS

Same argument replaying at 2 am · Looping · wrote it down, 'decide tomorrow', sipped water

The Delayed Signal



WHERE IT BREAKS: EMERGENCE

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

- 1 Say: 'I knew. I just couldn't know it then.'
- 2 Write down what you know now, in one line.
- 3 Decide whether it needs any action today. Most late truths can wait a day.

The system registers a truth accurately but doesn't reveal it straight away. The knowing only surfaces once conditions are safe enough for clarity. The system is pacing itself.

— WHEN IT ACTIVATES

The system has to choose between functioning now and knowing now.

- The moment is too fast for the body to register properly.
- You're expected to perform rather than be present.
- You're already carrying unresolved residue.
- The body holds the registration until the pressure drops.

— WHAT IT FEELS LIKE

Clarity arriving after the moment has passed. Feeling neutral or muted at the time, then hours or days later a quiet, certain knowing. 'I should have known,' even though, somewhere, you did.

| *'I knew, but only afterwards.'*

— SOMATIC SIGNATURE

Emergence: truth rising only when there's capacity for it. Softening, then clarity. Breath deepening once the moment is over. A late, quiet drop in the stomach or chest that clarifies rather than alarms. Delayed truth usually feels calm, because the system is no longer overwhelmed.

— RESTORATION SEQUENCE

The aim isn't to force real-time clarity. It's to honour late clarity and slowly shorten the gap.

- ① Treat the late signal as valid. Late isn't wrong.
- ② Record it: what you know now, and what you felt (or didn't) at the time.
- ③ When you're ready, go back and respond – a follow-up message, a changed answer, a boundary set after the fact.
- ④ In future high-pressure moments, buy time: 'Let me come back to you on that.'
- ⑤ Log each delay. Over weeks, notice whether the gap is shrinking.

— WHERE IT COMES FROM (OPTIONAL)

Delay often forms where emotional truth had to be managed or hidden, and saying it straight away led to conflict or rejection. It's also common in adult settings where you're always on – medical appointments, workplaces, caring roles – and there's no room to know anything until you're home. Waiting was wiser than speaking. That timing kept you safe; it doesn't have to run your life.

OFTEN CONFUSED WITH

Delayed Reaction is the *feeling* arriving late – the body catches up. The Delayed Signal is the *knowing* arriving late – the truth catches up. **Overridden** means you felt it at the time and walked past it; with delay, it wasn't available yet.

LOG IT LIKE THIS

Realised two days later I'd said yes to something I didn't want · Delayed · messaged to change my answer

The Delayed Reaction Signal



WHERE IT BREAKS: RESPONSE

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

- 1 Say: 'It's landing now because now it's safe enough.'
- 2 Let it move: cry, shake, sigh, lie down – whatever it needs.
- 3 Nothing needs fixing. Stay with it for three breaths.

The body registers a moment accurately, but the reaction – the emotion, the shake, the tears – only surfaces after it's over. It waits until conditions feel safe enough to emerge.

— WHEN IT ACTIVATES

Reacting in real time isn't affordable, so the reaction waits.

- Emotional load outpaces processing speed.
- Function comes before expression.
- The body holds the reaction until it feels safer.
- The reaction emerges once pace slows and load drops.

— WHAT IT FEELS LIKE

Getting through the moment calmly, even competently, and then being hit later: in the car, in the shower, that night. A sudden emotional shift hours afterwards, a late drop or tightening, and feelings arriving with no obvious trigger.

| *'I didn't feel it then, but I feel it now.'*

— SOMATIC SIGNATURE

Late emergence. A slow drop in the stomach. Breath deepening, then catching, once the pressure lifts. A late tightening or softening in the chest. It can feel unsettling, but it's usually the body finishing, not the body failing.

— RESTORATION SEQUENCE

A delayed reaction is the body completing something. Your job is to let it.

- ① Recognise it: 'This is from earlier. It's arriving now.'
- ② Make a little space, if you can: sit or lie down, pull over, close a door.
- ③ Let the reaction move through the body without judging its size or timing.
- ④ Lengthen the out-breath as it passes. Place a hand where you feel it most.
- ⑤ Afterwards, name the moment it belonged to, and log it.

— WHERE IT COMES FROM (OPTIONAL)

Delayed reactions often form where reacting in real time wasn't safe or possible – where strong emotion was punished or ignored, or where you had to hold it together for a hospital visit, a job, a child or someone else's crisis. The system learned to hold reactions until you were alone. That's why it so often happens in solitude.

OFTEN CONFUSED WITH

Delayed is the knowing arriving late; delayed reaction is the feeling arriving late. **Looping** keeps returning; a delayed reaction usually passes once it's been felt.

LOG IT LIKE THIS

Fine at the funeral, sobbed in the car after · Delayed Reaction · pulled over, let it move

The Overridden Signal



WHERE IT BREAKS: RESPONSE

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

- 1 Pause whatever you're doing.
- 2 Ask: 'What was the first thing I felt, before I kept going?'
- 3 You're allowed to say: 'Actually, I need a minute.'

The system registers something clear, and the mind pushes straight past it. The signal was there; it was dismissed. Override is learned self-suppression, and it once kept you safe.

— WHEN IT ACTIVATES

The system perceives accurately but doesn't let itself act on what it knows.

- A quiet internal no is replaced with compliance.
- A boundary signal fires and gets ignored.
- Other people's expectations outrank what you know.
- Pace or pressure forces you past the registration.
- The body says 'uncomfortable' and the mind says 'keep going'.

— WHAT IT FEELS LIKE

Muted clarity. The signal appears, then vanishes under pressure: a small tightening that fades fast, a drop in the stomach followed by nothing. Later comes the sense that you knew better, and feelings surfacing after the moment.

| *'I felt it, but I didn't listen.'*

— SOMATIC SIGNATURE

Quick suppression: the body speaks, then goes quiet. An initial tightening followed by flattening. Breath shortening, then evening out artificially. A muted internal no.

— RESTORATION SEQUENCE

Signalwork restores permission before clarity.

- ① Pause the moment you suspect an override.
- ② Return attention to the first sensation, before you kept going.
- ③ Name it without judgement: 'That was a no.' 'That was a not-yet.'
- ④ Reduce pace or pressure where you can. Buy time.
- ⑤ Let the signal come back without forcing it, then choose a response that honours it, even partly.

As permission increases, the original signal becomes audible again.

— WHERE IT COMES FROM (OPTIONAL)

Override often forms where a no wasn't accepted, where your comfort came second, or where keeping the peace kept you safe. Adult life reinforces it: pushing through symptoms to keep a job, saying yes to care you didn't want, being told your body is fine when it isn't. Each time you pause at the first signal now, you're teaching the system that noticing is allowed again.

OFTEN CONFUSED WITH

Environmental Override is when the room drowns out your signal before you can feel it; here you feel it clearly, then walk past it. **Suppressed** holds the signal down over time; override is the single moment of pushing past.

LOG IT LIKE THIS

Stomach dropped when asked to stay late, said yes anyway · Overridden · next time: 'let me check'

The Suppressed Signal



WHERE IT BREAKS: **RESPONSE**

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

- 1 Notice where you're bracing: jaw, throat, chest, belly.
- 2 Soften that one place by a few per cent. Not all the way.
- 3 Say, silently: 'Something wants to move. It can, a little.'

The system actively stops an internal truth from surfacing. The signal is recognised, then held down to keep things stable, safe or under control.

— WHEN IT ACTIVATES

A signal feels too disruptive, too heavy or too risky to let out.

- Emotional truth rises and gets pushed back down.
- Activation appears and is held back.
- Internal pressure builds instead of releasing.
- The body chooses control over release.

— WHAT IT FEELS LIKE

Holding something inside that wants to move. Tightness beneath the surface. Pressure without expression. Bracing. Not quite being able to reach the full feeling.

| *'I can't let this out.'*

— SOMATIC SIGNATURE

Pressure: activation rising beneath a layer of restraint. Tightening in the chest or throat. Breath held or shallow. A sense of internal heaviness or density, and a body that feels tense, guarded or restricted. Suppression can look calm from the outside. Inside, it's effort.

— RESTORATION SEQUENCE

Release doesn't have to be dramatic. It can be a few per cent at a time.

- ① Find where the holding lives. Locate the brace.
- ② Choose a safe enough place and moment. You don't have to release in front of anyone.
- ③ Soften the brace slightly: unclench the jaw, drop the shoulders, let the belly move with the breath.
- ④ Give the signal a small outlet – a sigh, a sound, a few written words, a slow stretch.
- ⑤ Stop while it still feels manageable. A little at a time, not a flood.

— WHERE IT COMES FROM (OPTIONAL)

Suppression often forms where expressing emotion was unsafe, punished or unwelcome. It also grows in adult life: workplaces where emotion is unprofessional, relationships where your feelings caused fights, years of being the calm one. Containment starts to look like maturity. It kept you safe. It also costs energy every day it runs.

OFTEN CONFUSED WITH

Numbed turns the whole volume down with no effort involved; suppression takes effort and you can feel the pressure. **Overridden** is a single moment of pushing past; suppression is sustained holding.

LOG IT LIKE THIS

Throat tight all afternoon, didn't cry · Suppressed · softened jaw, wrote three lines

The Borrowed Signal



WHERE IT BREAKS: ORIGIN

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

- 1 Ask: 'Was I feeling this before they walked in?'
- 2 If not, say: 'This belongs to someone else.'
- 3 Lean back or step back, even a little, and slow your breath to your own rhythm.

You pick up someone else's emotional state – their mood, stress or tension – and your body registers it as if it were your own. It feels personal, but it started outside you.

— WHEN IT ACTIVATES

Relational pressure overrides your own neutral state.

- The body mirrors another person's urgency or fear automatically.
- The emotional tone of a room becomes pressure in your body.
- Your breath syncs with someone else's pace.
- Their state starts to feel like yours: 'this is mine'.

— WHAT IT FEELS LIKE

A pull towards a state that didn't start in you. Sudden tightening with no personal cause. Moods that match the room rather than the moment, and trouble finding your own preference.

| *'I feel this, but I know it isn't mine.'*

— SOMATIC SIGNATURE

Resonance: chest or stomach tightening in response to others, breath rising to match their pace. It convinces because resonance feels like truth, even when the source is outside you.

— RESTORATION SEQUENCE

- ① Check the timeline: was this in you before?
- ② Reduce proximity if you can, even briefly – another room, a little distance, a break from the call.
- ③ Feel your own edges: what's under you, the weight of your hands.
- ④ Name it: 'That's their fear.'
- ⑤ Slow your breath to break the syncing, then reassess at your own pace.

The body becomes a source again, not a receiver.

— WHERE IT COMES FROM (OPTIONAL)

Borrowing often forms where stability depended on reading others – unpredictable moods, conflict that had to be anticipated, roles that meant managing the room. Caring jobs, illness that makes you depend on other people, and close relationships with someone in distress can all train it further. You learned to read other people's shifts long before your own.

OFTEN CONFUSED WITH

Mimicked is copying someone's *pattern*; borrowed is taking on their *feeling*. **Environmental Override** is the whole room drowning you out, not one person's state.

LOG IT LIKE THIS

Anxious after a tense phone call · Borrowed · 'that's theirs', went outside, own breath

The Mimicked Signal



WHERE IT BREAKS: ORIGIN

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

- 1 Notice: 'Whose voice, tone or reaction is this?'
 - 2 Pause before your next sentence.
 - 3 Ask: 'How would I respond if they weren't here?'
-

You start expressing someone else's tone, reactions or way of being instead of your own – because theirs feels more dominant, more familiar or safer than yours.

— WHEN IT ACTIVATES

It happens when outside cues become louder than your own.

- You mirror someone's emotional tone automatically.
- Your body shifts into their pattern: their speed, their posture, their edge.
- Your own view goes quiet.
- Matching them feels like the price of connection.

— WHAT IT FEELS LIKE

Reacting in a way that doesn't feel like you. Sounding like someone else. Performing rather than expressing. Adopting their opinion, frustration or enthusiasm and only realising later that it wasn't yours.

| *'I'm reacting like them.'*

— SOMATIC SIGNATURE

Replicated patterns: breath shifting to match another person, emotion that feels slightly foreign, a body that's reactive but not quite yours. It convinces because outside intensity is louder than your own signal.

— RESTORATION SEQUENCE

- ① Catch the copy: notice the tone, phrase or reaction that isn't yours.
- ② Pause. Mimicry depends on speed, and a beat of silence breaks it.
- ③ Return to your own body: your own breathing rhythm, what's under you.
- ④ Ask the separating question: 'What do I actually think or feel about this?'
- ⑤ Respond in your own words, even if it's quieter or less certain than theirs.

— WHERE IT COMES FROM (OPTIONAL)

Mimicking often forms where matching others was safer, more rewarded or more predictable than being yourself – where someone needed you to feel what they felt, or where being different caused conflict. Workplaces with a strong personality at the top, friendship groups and online spaces can train it too. It was a strategy for belonging.

OFTEN CONFUSED WITH

Borrowed is taking on someone's feeling; mimicked is taking on their pattern.

Environmental Override is the whole room drowning you out; mimicry is usually one dominant person you're matching.

LOG IT LIKE THIS

Found myself ranting the way my boss does · Mimicked · paused, asked what I actually think

The Environmental Override Signal



WHERE IT BREAKS: EMERGENCE

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

- 1 Find the nearest exit: a door, a bathroom, headphones.
 - 2 Once there, put a hand on your chest and ask: 'What do I feel?'
 - 3 If the answer is 'I don't know', that's fine. Just breathe.
-

Your own signal gets drowned out by the emotional, social or sensory pressure around you. It isn't gone; it's overshadowed, because the system is putting outside intensity ahead of inside accuracy.

— WHEN IT ACTIVATES

It happens when the environment becomes too loud for your own signal to stay audible.

- The emotional tone of the room overwhelms your own signals.
- The system shifts from sensing to adapting.
- Your own activation goes quiet to reduce conflict.
- The moment demands you respond to everyone else.

— WHAT IT FEELS LIKE

Losing access to your own state. Being pulled into the emotional tone of the room. Not knowing what you prefer or what's true for you, and feeling absorbed by the pressure around you.

| *'I don't know what I feel.'*

— SOMATIC SIGNATURE

Outward orientation: sensation inside goes quiet while outside cues dominate. Shallow, responsive breathing. A strange internal quiet beneath the noise, and a body that's responsive but not quite yours. It can feel stable, because the system is keeping the peace.

— RESTORATION SEQUENCE

- ① Reduce exposure. Leave the room, turn the volume down or take a break – even two minutes counts.
- ② Turn attention inwards on purpose: a hand on your chest or belly.
- ③ Ask a simple question: ‘What do I feel?’ or ‘What do I want?’ Accept ‘I don’t know yet’.
- ④ Wait for the first small signal of your own. It often comes as a preference: warmer, quieter, out.
- ⑤ Before going back in, decide on one small thing that will keep you connected to yourself.

— WHERE IT COMES FROM (OPTIONAL)

Environmental override often forms where the emotional weather of a household dictated safety, so you learned to track the room instead of yourself. Loud workplaces, hospitals, big family gatherings and sensory sensitivity can all train it too.

OFTEN CONFUSED WITH

Overridden is feeling your signal clearly and walking past it; here the signal never gets loud enough to feel. **Borrowed** is one person’s feeling moving into you; override is the whole room drowning you out.

LOG IT LIKE THIS

Family lunch, couldn’t tell what I wanted · Environmental Override · bathroom break, hand on chest, ‘quieter’

The Split Signal



WHERE IT BREAKS: INTERPRETATION

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

- 1 Say: 'Two things are true at once.'
- 2 Name each one in three words or fewer.
- 3 You don't have to choose between them right now.

Two conflicting states arrive at the same time – two feelings, two impulses, two directions – and the system tries to hold both. Both feel like you, and they pull against each other.

— WHEN IT ACTIVATES

One moment activates opposing responses.

- Two emotional truths surface at once, such as love and fear.
- The body tries to move in two directions simultaneously.
- Choosing one feels like losing the other.
- Pressure rises from the opposition itself.

— WHAT IT FEELS LIKE

Being pulled apart internally. Feeling two different things at the same time, swinging between them, and not being able to find a single stable truth.

| *'Both of these feel true.'*

— SOMATIC SIGNATURE

Tension: the body holding two opposing patterns. Tightening in different places at once. Breath shifting between shallow and deep. A sense of internal stretching, and an inability to settle.

— RESTORATION SEQUENCE

The work here isn't to pick a winner. It's to let both states exist without tearing you in half.

- ① Name both states separately. 'I love them.' 'I'm scared of them.'
- ② Locate each one. Where does each sit in the body?
- ③ Put a hand on each place if you can, and breathe into both.
- ④ Say: 'Both can be here.' Holding both on purpose eases the strain of holding them by accident.
- ⑤ Leave any decision until the pulling has eased.

Integration usually comes after the pressure drops, not during.

— WHERE IT COMES FROM (OPTIONAL)

Splitting often forms where emotional reality was inconsistent: affection and fear from the same person, safety and danger under the same roof. Adult life brings its own versions – loving someone who is unwell, a job you need that harms you, grief mixed with relief. Holding opposite truths means you had to hold a lot.

OFTEN CONFUSED WITH

Contradicted is a clear signal that gets *shut down* straight away – one voice sounds like you, the other like a rule. In a split, both feel like you, side by side.

LOG IT LIKE THIS

Wanted to visit and dreaded it · Split · named both, hands on chest and belly, decided tomorrow

The Contradicted Signal



WHERE IT BREAKS: INTERPRETATION

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

- 1 Notice which came first: the yes or the no.
- 2 Ask of the second voice: 'Is this my body, or a rule?'
- 3 Give the first signal one more breath before deciding.

A clear internal signal rises and is immediately opposed by another. A want is met by a 'should'; a yes by a no. The result is friction, and a sense that you can't trust either.

— WHEN IT ACTIVATES

It starts when a moment activates two responses and one tries to cancel the other.

- A want is met straight away by a 'should' or 'shouldn't'.
- Activation rises and collapses at almost the same moment.
- Committing to one feels like betraying the other.
- The second voice often sounds like a rule you learned.

— WHAT IT FEELS LIKE

Yes and no at the same time, with one arriving just after the other. Resistance and desire together, tone flicking back and forth, and a hard time finding a single direction.

| *'I want it, but I shouldn't.'*

— SOMATIC SIGNATURE

Friction: an urge forwards meeting a brake. Tightening unevenly. The body feeling like it has one foot on the accelerator and one on the brake.

— RESTORATION SEQUENCE

In a contradiction, the order is information. Check it rather than trusting it blindly.

- ① Slow down enough to notice the order: which arrived first?
- ② Locate each. The first often sits lower in the body; the opposing one often feels like a tightening or a voice.
- ③ Ask of the second: 'Whose rule is this? Is it about now?'
- ④ Ask of the first: 'Is this about now, or an old alarm?' The first voice is often closer to the origin, but not always.
- ⑤ Choose a small response that respects what's true and keeps you safe – a trial, not a leap.

— WHERE IT COMES FROM (OPTIONAL)

Contradiction often forms where wanting things brought consequences, where needs were met with criticism, or where the rules about what you were allowed to want were strict. Illness adds its own: wanting to rest and hearing 'lazy', wanting help and hearing 'burden'. The second voice was once protection.

OFTEN CONFUSED WITH

Split is two states that both feel like you, pulling side by side. Contradicted is one signal *followed by* its cancellation. **Overridden** is acting against the signal; contradiction is not knowing which one to trust.

LOG IT LIKE THIS

Wanted to rest, instantly felt lazy · Contradicted · first signal was rest; 'lazy' was an old rule

The Quiet Signal



SIGNAL INTACT: NOTHING BREAKS

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

- 1 If something small and calm is nudging you, it counts.
- 2 Don't wait for it to get louder.
- 3 Take one small step in its direction.

A true signal arriving at low volume. The body is speaking softly. A quiet signal is gentle and easily drowned out by louder states, but it carries accuracy without intensity.

This is what a clean signal often sounds like.

— WHEN IT ACTIVATES

It happens when the system knows something and doesn't need force to say it.

- Emotional truth appears without urgency.
- Activation is present but subtle.
- Direction comes without pressure.
- The body chooses precision over intensity.
- Softness gets mistaken for doubt.

— WHAT IT FEELS LIKE

A small, accurate nudge. A gentle pull towards something. Knowing without intensity, and easily missing it when anything louder is around.

| *'This feels true, quietly.'*

— SOMATIC SIGNATURE

Light, spacious sensation. Soft emotional tone. Breath that stays steady. A calm clarity with no edge to it. Quiet signals tend to appear when the system is settled, not because the moment is unimportant.

— RESTORATION SEQUENCE

The quiet signal doesn't need restoring. It needs protecting from louder things.

- ① Lower the noise around you so the whisper can be heard.
- ② Notice the nudge and name it simply: 'Towards rest.' 'Away from that.'
- ③ Don't demand proof. Quiet signals rarely argue.
- ④ Act on it in a small way and notice how the body responds.
- ⑤ Log it. Quiet signals are the ones most worth learning to recognise.

— WHY IT MATTERS

In systems that have learned to shout, a quiet signal can feel suspicious, as if a truth must be loud to count. Many of us were taught that only intensity deserves attention – including by illness, where it often took a crisis to be believed. Learning to trust the quiet signal is one of the clearest signs your system is finding its way back.

OFTEN CONFUSED WITH

Numbed is foggy and distant – you can't reach it. Quiet is clear and close, just soft.

Recovered is a signal coming back online; quiet is a signal that was never loud.

LOG IT LIKE THIS

Small pull to go outside · Quiet · went for five minutes, chest softened

The Recovered Signal



SIGNAL INTACT: NOTHING BREAKS

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

- 1 Notice the click: 'Oh. There it is.'
- 2 Don't question it yet. Just let it be here.
- 3 Write it down before the noise comes back.

Access returns to a truth that was out of reach. The body isn't creating a new signal. It's reopening one that was muted, overridden, suppressed or buried under interference. Recovery is a return.

— WHEN IT ACTIVATES

The interference drops far enough for the signal to surface again.

- Emotional load decreases and the underlying truth becomes audible.
- Sensation reappears after flatness or fog.
- Direction becomes clear without effort.
- Competing signals lose their grip.
- It can feel like a new insight, even though it's an old truth coming back.

— WHAT IT FEELS LIKE

Familiar clarity resurfacing. A quiet internal click. The sense that you knew this all along. Emotion settling into accuracy, and things feeling clean and correct again, without force.

| *'I'm back online.'*

— SOMATIC SIGNATURE

Re-emergence: the body becoming audible again. Breath deepening without effort. Emotional tone regaining texture and precision. A familiar internal direction returning.

— RESTORATION SEQUENCE

Signalwork restores access before interpretation.

- ① Slow the system enough for interference to keep dropping.
- ② Notice the first moment the signal reappears.
- ③ Name the returning truth without questioning it.
- ④ Reduce outside pressure so the clarity can settle.
- ⑤ Let the signal expand in its own time, then log what came back.

As bandwidth increases, the original signal becomes fully available again.

— WHY IT MATTERS

Every entry in this book ends here. Recovery is proof that nothing was ever lost. The signal was only covered. The more often you notice recovery, the more your system learns that coming back is possible.

OFTEN CONFUSED WITH

Quiet is a signal that was never loud. Recovered is a signal that was gone and has come back. Both deserve your trust.

LOG IT LIKE THIS

After a week of fog, knew clearly I need rest · Recovered · wrote it down, cancelled Friday

A closing note

Signalwork restores access to what your system already knows. Every pattern in this field guide is a map of how the body communicates under pressure, pace, fear and conditioning. Every one of them is an adaptation. Your system has been interrupted – that's all.

This work is about returning to the accuracy underneath the interference.

The body doesn't speak in confusion. It speaks in pattern.

So the work is small and specific. Remove what blocks the signal rather than forcing clarity. Hear it at its natural volume rather than turning it up. Treat discomfort as information to check, not an order to obey. Listen to your system instead of correcting it.

Signalwork is permission, not performance. Some days you'll catch the pattern in the moment. Some days you'll only see it afterwards, in your log. Both count. Every time you notice, name and come back, your system learns that coming back is possible.

Your body is trying to communicate with you. This field guide is the beginning of learning how to hear it.

Integration

What has changed

You now have names for what your body does under pressure. That alone changes things. A pattern you can name is a pattern you can step outside, even for a breath. You also have a method – Detect, Locate, Verify, Respond, Log – that works the same way for all 19 patterns.

What to practise

Choose one, not all of them:

- **The first shift.** Once a day, notice the first physical change in a moment that matters. Just notice it.
- **Your most common pattern.** Pick the entry you recognised most strongly. Read its Low-Capacity Lane until you know it by heart.
- **One line a day.** Use the Signal Log. One line is enough. Patterns show up over weeks, not days.

Signs it's working

- You catch the pattern sooner – during the moment rather than afterwards.
- The gap between the signal and your response shrinks.
- Quiet signals start to feel trustworthy.
- You come back faster, and you notice that you came back.

Where to go next

Signalwork is the first pillar of the Sovereignty Integration Framework. Once you can read the signal, the next step is Fieldcraft: protecting your boundaries and managing how much of other people's pressure and emotion you take on. After that comes Interference Ecology: mapping and clearing what distorts the signal in the first place. Then back to Signalwork, deeper. See page 86.

Your Signal Log

Your Signal Log is where you track the moments your system speaks. The point isn't to interpret the signal but to record it, so your patterns become visible over time.

What to log

Only what the system does, not why: the first sensation, which signal it was, its volume (quiet, moderate or loud) and any interruption or restoration that followed.

How to log

Keep entries short, simple and physical:

LOG IT LIKE THIS

Fog, everything flat · Numbed

Drop in stomach · Overridden

Soft pull forwards · Quiet

When to log

As close to the moment as you can, or later in a quiet moment. One word is enough. Over a few weeks, you'll see which signals repeat and which steps bring you back fastest.

The next 10 pages hold 20 log entries. You're welcome to photocopy them for your own use. Digital-edition buyers also get a printable Signal Log in A4 and US Letter.

DATE · TIME	VOLUME QUIET · MODERATE · LOUD
FIRST SENSATION (WHERE, WHAT)	
SIGNAL (WHICH ENTRY)	
INTERRUPTION (IF ANY)	
WHAT I DID	
ONE SENTENCE	

DATE · TIME	VOLUME QUIET · MODERATE · LOUD
FIRST SENSATION (WHERE, WHAT)	
SIGNAL (WHICH ENTRY)	
INTERRUPTION (IF ANY)	
WHAT I DID	
ONE SENTENCE	

DATE · TIME	VOLUME	QUIET · MODERATE · LOUD
-------------	--------	-------------------------

FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

INTERRUPTION (IF ANY)

WHAT I DID

ONE SENTENCE

DATE · TIME	VOLUME	QUIET · MODERATE · LOUD
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FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

INTERRUPTION (IF ANY)

WHAT I DID

ONE SENTENCE

DATE · TIME	VOLUME QUIET · MODERATE · LOUD
-------------	----------------------------------

FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

INTERRUPTION (IF ANY)

WHAT I DID

ONE SENTENCE

DATE · TIME	VOLUME QUIET · MODERATE · LOUD
-------------	----------------------------------

FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

INTERRUPTION (IF ANY)

WHAT I DID

ONE SENTENCE

DATE · TIME	VOLUME	QUIET · MODERATE · LOUD
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FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

INTERRUPTION (IF ANY)

WHAT I DID

ONE SENTENCE

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FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

INTERRUPTION (IF ANY)

WHAT I DID

ONE SENTENCE

DATE · TIME	VOLUME QUIET · MODERATE · LOUD
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FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

INTERRUPTION (IF ANY)

WHAT I DID

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DATE · TIME	VOLUME QUIET · MODERATE · LOUD
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FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

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WHAT I DID

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FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

INTERRUPTION (IF ANY)

WHAT I DID

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DATE · TIME	VOLUME	QUIET · MODERATE · LOUD
FIRST SENSATION (WHERE, WHAT)		
SIGNAL (WHICH ENTRY)		
INTERRUPTION (IF ANY)		
WHAT I DID		
ONE SENTENCE		

DATE · TIME	VOLUME	QUIET · MODERATE · LOUD
FIRST SENSATION (WHERE, WHAT)		
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WHAT I DID

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FIRST SENSATION (WHERE, WHAT)

SIGNAL (WHICH ENTRY)

INTERRUPTION (IF ANY)

WHAT I DID

ONE SENTENCE

DATE · TIME	VOLUME	QUIET · MODERATE · LOUD
FIRST SENSATION (WHERE, WHAT)		
SIGNAL (WHICH ENTRY)		
INTERRUPTION (IF ANY)		
WHAT I DID		
ONE SENTENCE		

DATE · TIME	VOLUME	QUIET · MODERATE · LOUD
FIRST SENSATION (WHERE, WHAT)		
SIGNAL (WHICH ENTRY)		
INTERRUPTION (IF ANY)		
WHAT I DID		
ONE SENTENCE		

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

Signalwork First Aid · © 2026 Stillsickstillhere · Education, not treatment.

The Lexicon

The language of Signalwork, as it's used in this book and across the Stillsickstillhere catalogue.

Activation · The body mobilising: speed, tension, readiness. Activation isn't the same as a signal; it can carry one or drown one out.

Bandwidth · How much your system can process at once. Low bandwidth is why the same moment can feel manageable one day and impossible the next.

Closure · The final stage of the signal lifecycle. The body returns to neutral because the signal has been acknowledged and answered.

Distortion · Interference layered over a signal until it no longer reads accurately. Distortion covers a signal; it doesn't destroy it.

Emergence · The stage when a signal becomes noticeable to awareness.

Field · The space between you and other people and places: how much of their pressure, mood and influence reaches you. Sometimes called the relational or energetic field.

Fieldcraft · The second pillar of the Sovereignty Integration Framework: protecting and strengthening your field – boundaries as energy management, not as a conversation you have with someone.

Interference · Anything that competes with or reshapes a signal: pace, pressure, fear, habit, residue, other people's states.

Interference Ecology · The third pillar of the Sovereignty Integration Framework: mapping and clearing distortion – internal, external, historical, relational and conditioned.

Internal sentence · The line a pattern tends to say in your head. Often the fastest way to recognise which pattern is running.

Neutral · The body's resting state between signals. Not numb, not activated. Available.

Noise · Scattered, unstable activity that feels urgent but carries no clear information.

Origin · The first moment the body detects relevance. A good place to start, not proof of what's true.

Registration · The body picking something up: the moment a signal first lands, before you've named or explained it.

Relevance · What matters right now. A signal marks relevance; noise imitates it.

Residue · What remains when a signal doesn't complete. Residue sits in the background and colours new moments.

Restoration sequence · The numbered steps in each field entry that lead back to the original signal.

Signal · A physical or mental event carrying real information about a real condition, arriving before interpretation.

Signal strength · How loudly the body marks relevance. It tells you volume, not validity.

Signalwork · The first pillar of the Sovereignty Integration Framework: reading and acting on what the body is telling you before interference distorts it.

Somatic · To do with the body as you experience it from the inside: sensation, tension, breath, movement.

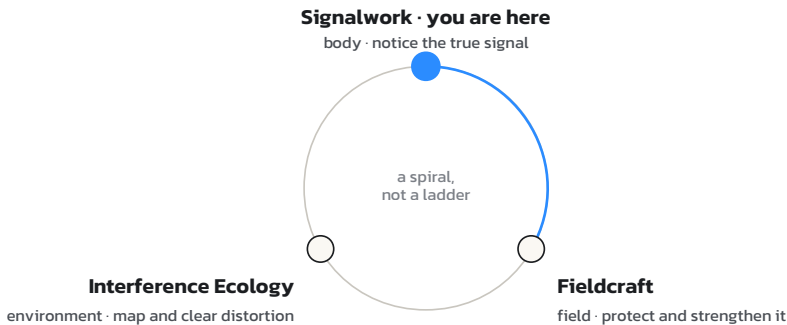
Somatic signature · The characteristic way a pattern shows up in the body.

Sovereignty · The capacity to sense what is true, separate it from interference and act on it without collapsing into fear or outside pressure.

Sovereignty Integration Framework · The Stillsickstillhere framework that restores coherence between body, field and environment through three pillars: Signalwork, Fieldcraft and Interference Ecology.

Where this book sits

Signalwork First Aid is part of the Sovereignty Integration Framework: psychospiritual education that restores coherence between your body, your field and your environment.



The path runs Signalwork → Fieldcraft → Interference Ecology, then back to Signalwork, deeper.

Signalwork · Inner signal literacy. Reading what the body is telling you before you talk yourself out of it.

Fieldcraft · Energetic boundary mastery: the space between you and other people, and how much of their pressure reaches you. Boundaries as energy management, not a conversation you have with someone.

Interference Ecology · Distortion identification and neutralisation. Sorting real signal from distortion, including your own.

The framework isn't a mindset model. It isn't therapy. And it doesn't start from the assumption that you're broken. It starts from the opposite: that you're reading accurately, and everything around you keeps telling you you're not.

About Stillsickstillhere

Psychospiritual education built by someone still in it, for people still in it: people living with chronic illness, trauma and burnout who want tools that respect how much they're already carrying.

[MORE FROM STILLICKSTILLHERE](#)

Guides, toolkits and the rest of the Protective Education Series are at stillsickstillhere.com.

Notes

My signal profile

Fill this in after a few weeks of logging. It becomes your own short version of this book.

THE SIGNALS I MEET MOST

WHERE THEY SHOW UP IN MY BODY

WHAT USUALLY SETS THEM OFF

THE STEP THAT BRINGS ME BACK FASTEST

MY QUIET SIGNALS – THE ONES WORTH TRUSTING

Grounding Exit

If everything is too much right now, you don't need to read or understand anything. Just follow this page. Sitting or lying down is fine.

- ① **Stop.** You don't have to finish anything.
- ② **Weight.** Feel whatever is holding you – floor, chair, bed. Press into it gently and feel it press back.
- ③ **Breath.** Breathe in for a count of four and out for a count of six, five times. If counting makes it worse, skip to the next step.
- ④ **Look.** Name five things you can see. Say them out loud if you can.
- ⑤ **Touch.** Hold something with texture or temperature: a cup, a blanket, cold water on your hands.
- ⑥ **Say.** 'I am here. It is now. This will pass.'
- ⑦ **Next.** Choose one small, kind thing: water, a blanket, a message to someone safe, lying down.

IF YOU ARE NOT SAFE

If you are in danger, feel you might hurt yourself, or feel physically unwell in a way that frightens you, stop reading and get help now. Call your local emergency number (000 in Australia, 111 in New Zealand, 999 in the UK, 911 in the US and Canada) or a crisis line. In Australia, Lifeline is available on 13 11 14 at any hour.

This book is education, not treatment. Reaching out is a signal, answered.