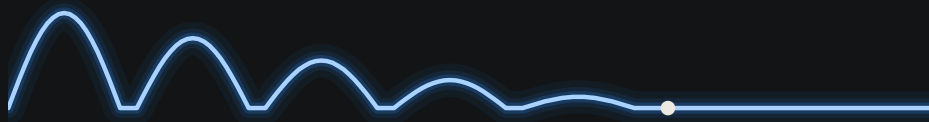


STILLSICKSTILLHERE

5 Codes for Tonight

Five small codes to close the day

Free · about two minutes



Let go

Cut
the feed

Seal
your field

Cancel
the loop

Lock in
tomorrow

The day doesn't end when you stop. It ends when you close what it opened.

- 01 Let go
- 02 Cut the feed
- 03 Seal your field
- 04 Cancel the loop
- 05 Lock in tomorrow

Do them in order, seated or lying down. About two minutes in total. You don't need to know the theory. Just do the moves.

Lying down? Where a code says knees, use your thighs or the bed. Any fast move can be done slowly. If no one comes to mind for Code 2, move on to Code 3.

Some people feel it straight away, some don't. Both are fine. Go gently. If a move hurts, swap hands, skip it or just picture it.

Short on energy? The *Which code when* chart picks one for you.

Start · Code 1 →

Not sleep medicine or treatment. If tonight is more than a hard day:
Lifeline 13 11 14 (Australia) · **988 (US)**, or your local crisis line.

THE FINGER RELEASE

“Make a fist around the thing you can’t let go of, and hold it over your heart.”

Squeeze it for three seconds.

Then open your fingers one at a time, starting with the little one.

Don’t rush it.

By the time your thumb lifts, your palm should feel cold and empty, and that’s the grip code letting go.

01

THE PROFILE STARVE

“Every time you check their profile, you feed the cord.”

You know exactly whose page you keep looking at.

Every visit sends them a little more of your energy.

Tonight, mute them, or block them, without announcing it.

The first three days are hard, because the cord will tug.

By day seven, it starts to starve.

02

THE FIELD ZIP

“Put your hand flat at the bottom of your stomach, and zip yourself up.”

Draw it slowly up the centre of your body, all the way to your bottom lip.

Do it three times.

That centre line is where your field splits open when people drain you.

And if your spine straightens by itself on the third pass, the seam has closed.

03

THE PALM X CANCEL

“Draw an X in the centre of your left palm with your right finger.”

Press firmly enough to feel the line stay on your skin.

Then close that hand into a fist, and hold it for three seconds.

That X cancels the last loop your timeline was running.

And if your palm is still tingling when you open it, the old sequence has stopped.

04

THE PALM FLIP LOCK

“Rest your hands on your knees with your palms facing up.”

Take one breath in, and think of what you’re asking for.

Then flip both palms down, fast, and press them into your legs.

Palms up is receiving, and palms down is locking it in.

If your arms suddenly feel heavy, it’s been set.

Lying down? Rest your hands on your thighs or the bed. The flip can be slow.

05

QUICK PICK

Which code when

Tap the feeling that sounds like tonight.

IF TONIGHT FEELS LIKE...

USE

I can't stop holding
onto something

Code 1 · The Finger Release

Someone's still in my head

Code 2 · The Profile Starve

I feel drained, open,
too exposed

Code 3 · The Field Zip

The same loop keeps replaying

Code 4 · The Palm X Cancel

I want tomorrow to go a
certain way

Code 5 · The Palm Flip Lock

Not sure? Start at Code 1 and do all five.

The Tonight Card is in your download email: all five codes on one page. Print it for your bedside, or save it to your phone.

YOUR NEXT STEP

Signalwork First Aid

Tonight's codes close the day. *Signalwork First Aid* is for the signals that are still there tomorrow.



A field guide to the 19 ways your nervous system's signals get distorted, and one clear way back from each.

Find the line that sounds like right now, turn to its page, and start.

Full guide \$29 AUD / \$19 USD

First 17 pages free

Read the first 17 pages free →

stillsickstillhere.com/signalwork-first-aid

Not tonight. Keep this file. The codes work on any night.

Grounding Exit

You don't need to read or understand anything. Just follow this.

- 1 **Stop.** You don't have to finish anything.
- 2 **Weight.** Feel whatever is holding you: the bed, the chair, the floor. Press into it gently.
- 3 **Look.** Name five things you can see.
- 4 **Say.** 'I am here. It is now. This will pass.'

If you're not safe, call your local emergency number or a crisis line now:

Lifeline 13 11 14 (Australia) · **988 (US)**.

Still sick. Still here.

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This is education and self-awareness, not medical or psychological treatment.