

The Goal

Calmer
days are
ahead

Progress
looks like
this

Lower Waves. Fewer Waves. More Calm in Between.

I am not promising you that you will never have another wave again. That is not the goal.

The goal is that over time the waves get lower and farther apart. Maybe right now it feels like ten waves in the same amount of time. One after another. High. Exhausting. Barely enough time to breathe before the next one starts.

Before

Exhausting.
One wave
right after
another.



What I want is more of this. Maybe four waves instead of ten. Lower. Farther apart. More time at the bottom where life is actually good and you get to be a normal human being again.

Goal

More space
for a life
you love.

Calmer
days.
Brighter
tomorrows.

You are not trying to create a flat ocean.
You are trying to get your life back between the waves.

The Wave System in Real Time

When a wave starts, do not turn this into a forty-five-minute psychology exercise. Run the same five steps.





Your job is not to win.



**Your job is to protect
your peace and get back
to your life.**

And notice what is not on this list:
the trigger. By the time the wave
starts, the trigger already happened.
Learn from it later if it helps.
In the moment, the wound
matters more.

This can happen in thirty seconds.
Seriously. The more you practice it,
the faster your brain gets at it.

*A
quieter you
creates a
brighter
tomorrow.*



What This Sounds Like in Your Head

*“Okay. Here we go. Wave.
I am not chasing the Cover Up.
What wound just got hit?
What patch makes sense?
Good. Now back to me.”*

That is it. You do not need a
therapy degree. You need to stop
getting dragged into the same
damn loop.



Trial and Error Is Part of the System

Do not try one patch once, have it do absolutely nothing, and decide the whole system is bullshit. Maybe you guessed the wrong wound. Maybe you used the wrong patch. Maybe the wave was already too high. That does not mean the whole idea is wrong.

Attention may work one day, Space may work another day. Reassurance may calm rejection and annoy the hell out of somebody who is already fighting a loss-of-control wound. This is why you watch what actually works with your partner instead of memorizing some perfect formula.



*Experiment. Watch. Adjust.
Learn your specific partner.*



If the First Patch Does Nothing

Please do not start throwing ten more patches at him like confetti. Pause. Maybe your wound guess was wrong, Maybe the wave is already too high. Maybe space is the patch. Watch what happens instead of frantically trying everything at once.

