

MELTDOWN EARLY-WARNING SYSTEM

Sourced from *Survival Blueprint, Ch. 6*

MELTDOWN STAGES · QUICK REFERENCE

Survival Blueprint Ch. 6

01 · STAGE 1 AGITATION — INTERVENE

Pacing, flushed cheeks, clenched fists. Lower voice. Validate.

Two choices, dim lights, no questions.

02 · STAGE 2 ESCALATION — STOP TALKING

Yelling, throwing. "You are safe. I am here." Six syllables only.

Don't touch unless danger. No ultimatums.

03 · STAGE 3 CRISIS PEAK — SAFETY ONLY

15-45 min. Wait. Maintain calm presence.

"I am here. You are safe. This will pass."

04 · STAGE 4 RECOVERY — COMFORT

Water, blanket, quiet. Do not debrief.

Allow rest. Don't lecture.

05 · NEXT DAY — TEACH HERE

"What do you remember feeling before it got big?"

Listen more than speak. Write what they say.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/meltdown-early-warning

For the mechanism, the protocol, and citations.