

PARTNER'S GUIDE TO RSD

Sourced from *Survival Blueprint*, Ch. 1.2 + *Difficult Conversations* Ch. 10

PARTNER'S GUIDE TO RSD

Survival Blueprint Ch. 1.2 + DC Ch. 10

01 · NAME THE GAP

"I didn't mean for that to land the way it did. What I meant was..."

Center your intention, not their interpretation.

02 · VALIDATE FEELING — NOT FALSE BELIEF

"I can see you're hurting." Not "yes, I'm angry."

Feeling is real. The brain's conclusion isn't.

03 · PRESENCE OR SPACE — THEY CHOOSE

"Want me here, or want space and I check in an hour?"

If they choose space, leave. Trust the answer.

04 · BUILD EXPLICIT REPAIR ARCHITECTURE

Triggers, repair phrases, recovery time — written down.

Have the meta-conversation during calm.

05 · SHARED EVIDENCE FILE

Photos, kind messages, early-relationship texts. Saved.

"Want to look at the file?"

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/partner-guide-rsd

For the mechanism, the protocol, and citations.