

# RSD DE-ESCALATION OS

Sourced from *Survival Blueprint*, Ch. 1.2

## RSD FIRST AID · 6 STEPS

Survival Blueprint Ch. 1.2

### 01 · DO NOT ARGUE

**Drop the reframe. It's neurological, not logical.**

*"It's not a big deal" is the most damaging sentence.*

### 02 · VALIDATE FIRST

**"I can see this is really painful right now."**

*Validate the feeling, not the false belief.*

### 03 · PRESENCE, NOT SOLUTIONS

**"I'm here. I'm not going anywhere." Phone away.**

*The presence is the active ingredient.*

### 04 · WAIT — DON'T DEBRIEF NOW

**30 minutes typical. Debrief next day.**

*Teaching mid-storm produces shame, not learning.*

### 05 · EVIDENCE FILE — LONG TERM

**Box of physical proof. "Want to check the file?"**

*Externalized counter-evidence the brain can't generate.*

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/rsd-de-escalation](https://thehumanfrequency.net/human-os/rsd-de-escalation)  
For the mechanism, the protocol, and citations.