

TRANSITION PROTOCOL OS

Sourced from *Survival Blueprint, Ch. 2 + 6*

TRANSITION PROTOCOL · 10/5/2

Survival Blueprint Ch. 2 + 6

01 · 10-MIN WARNING — VERBAL

"In 10 minutes, dinner." Eye contact if you can.

Don't wait for acknowledgment.

02 · 5-MIN — VERBAL + TIMER

Set a visual timer. Place it in their line of sight.

The timer counts. You stop being the bad guy.

03 · 2-MIN — ALL THREE CHANNELS

Verbal + timer + a card or a hand on the shoulder.

Three identical signals through three pathways.

04 · TIMER ZERO — CHOICE WITHIN STRUCTURE

"Two ways. You pause it, or I pause it. Which one?"

Not open-ended. Not no-choice. Two equal options.

05 · BRIDGE — KEEP THE BODY MOVING

Walk with them to the next place. Don't let them drift.

Motion is part of the transition.

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/transition-protocol
For the mechanism, the protocol, and citations.