

VALIDATE-THEN-REDIRECT OS

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

VALIDATE-THEN-REDIRECT · ORDER MATTERS

Survival Blueprint Ch. 1 + 6

01 · GET BELOW EYE LEVEL

Kneel, sit, crouch. Don't tower.

Standing over signals threat. Lowering signals safety.

02 · VALIDATE — DON'T MINIMIZE

"This is really hard." "I can see you're upset."

Avoid "calm down" and "it's not a big deal."

03 · PRESENCE, NOT SOLUTIONS

"I'm here. I'm not going anywhere."

Don't problem-solve yet. Don't ask "what's wrong."

04 · WAIT FOR THE SIGNAL

Crying eases, body unclenches, or they look at you.

30 seconds to 5 minutes. Don't redirect early.

05 · REDIRECT — TWO CHOICES

"Two ways. Which one?" Choice within structure.

Only after the signal. If they escalate, you went too soon.

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/validate-then-redirect

For the mechanism, the protocol, and citations.