

THE EMOTIONAL SURGE PROTOCOL

When intensity spikes, regulate the body first.

Do not debate. Do not analyze.

Do not explain.

————— **Regulate.** —————

STEP 1 – STOP MOVEMENT

Freeze your body for 10 seconds.
Interrupt escalation physically.

STEP 2 – LENGTHEN THE EXHALE

Inhale 4 seconds.
Exhale 6–8 seconds, Repeat 5 cycles.
Longer exhale = safety signal.

STEP 3 – ANCHOR THE SENSES

Name:
5 things you see.
4 things you feel,
3 things you hear
2 things you smell
1 thing you taste.
Bring attention out of narrative.

STEP 4 – LOWER THE SHOULDERS

Drop jaw, Release tongue from roof of mouth.
Relax shoulders intentionally.
Tension sustains intensity.

STEP 5 – DELAY REACTION

No texts,
No emails,
No confrontations.
Return later.

Life. Understood.

The Emotional Surge Protocol

What to do when intensity spikes suddenly

When intensity spikes, regulate the body first.

Do not debate.

Do not analyze.

Do not explain.

Regulate.

Step 1 — Stop Movement

Freeze your body for 10 seconds.

Interrupt escalation physically.

Step 2 — Lengthen the Exhale

Inhale 4 seconds.

Exhale 6–8 seconds.

Repeat 5 cycles.

Longer exhale = safety signal.

Step 3 — Anchor the Senses

Name:

5 things you see

4 things you feel

3 things you hear

2 things you smell

1 thing you taste

Bring attention out of narrative.

Step 4 — Lower the Shoulders

Drop jaw.

Release tongue from roof of mouth.

Relax shoulders intentionally.

Tension sustains intensity.

Step 5 — Delay Reaction

No texts.

No emails.

No confrontations.

Return later.

Closing Anchor

Emotions peak.

They also pass.

Regulation first.

Meaning later.