

WB 2.15 — State-Specific Protocols

Use with Chapter 15 (Shutdown, Panic, Anger, Grief, and Shame) in the manual, Chapter 11 in *Shoulder the Bill*.

Purpose Different states need different tools — what calms panic will not lift shutdown. This page helps you build a personal protocol for each of the five hard states, so you reach for the right tool fast when it matters.

How to use this page

When: Build each protocol during a calm state so it is ready in advance. Practise them before you need them.

Done when: You have named your signals and one concrete tool for each state you are prone to.

Worked example

Panic signal: chest tightens, thoughts race. Tool: name 5 things I see.

Anger signal: heat in my face. Tool: walk it off, respond in 20 minutes.

Shutdown signal: I go numb and still. Tool: warm drink, stand up, one small move.

Anchor Phrase: ‘Match the tool to the state.’

Loop stage: Notice → Name → Ground

Identify your zone: ☐ Above the Window (panic, rage) ☐ In the Window ☐ Below the Window (shutdown, numbness)

Panic — my personal protocol

My panic signals, my orientation anchors, and my breath count:

Anger — my personal protocol

My anger signals, my safe physical discharge, and my delay commitment:

Shame — my personal protocol

My shame signals, my one trusted person, and my one repair action:

☐ Self-Reward Loop completed