

YOU ARE HERE — Sanding Scale (Fillable)

0.0

1.0

2.0

4.0 — WARNING: Yellow, slight impairment. Use early protocols; thinking may be gritty.

6.0 — ALERT: Orange, judgment impaired; not in full control. Defer decisions. Increase support.

8.0+ — EMERGENCY: Red, needs help from others. Operator not in full control; secure witness, es

10.0 — EMERGENCY: Use crisis protocols; do not leave alone; 988/911.

12+ — EMERGENCY: Use crisis protocols; do not leave alone; 988/911.

After the Storm — Flush Protocol (Fillable)

ISOLATE: Define the single event (what/when/trigger).

STRIP: Separate your actions from overwhelmed hardware (≥ 6.0).

ARCHIVE: Operational data: triggers, escalators, protocols.

FLUSH: What residue can you release? What will you do differently next time?

Helper Quick Card — Check what you will do

Offer pre-approved distraction

Ask input preference (more/less)

Check-in: 'Number?'

Dim lights / reduce noise

Guide exhale-heavy breathing (in 4 / out 7–8)

Provide weighted object / haptic grounding

Silent presence; avoid platitudes

Call 988 (Suicide & Crisis Lifeline) if needed

Call 911 in emergency; do not leave alone

My Safe Distractions & Personal Protocols (Fillable)

My Safe Distractions (shows/music/food/places) — fill when well ($S \leq 3.0$)

At 4.0 — Self-management still possible

At 6.0 — Self-management compromised

At 8.0+ — Self-management failing

At 12+ — Not self-manageable