RSD REALITY CHECK

STATUS: ACTIVE SPIRAL // FALSE ALARM PROTOCOL

DATE: [ ]
TIME: [ ]

SYSTEM MESSAGE: PAIN IS REAL, DANGER IS NOT. THIS IS A CHEMICAL FALSE ALARM.

01 // SOMATIC SCAN (BODY CHECK)

CHEST	THROAT	EYES	STOMACH
☐ HOLLOW	☐ LUMP	☐ TEARS INSTANTLY	☐ DROP / FALLING
☐ TIGHT / CRUSHED	☐ SILENT / MUTE	☐ BURNING / HOT	☐ NAUSEA
☐ BURNING	☐ WORD VOMIT URGE	☐ BLURRED VISION	☐ PUNCHED FEELING

ONE SENTENCE TRUTH:

02 // SEPARATE DATA FROM STORY

CAMERA DATA (FACTS)

What would a video camera record?

BRAIN STORY (RSD)

The meaning your brain invented.

03 // EVIDENCE COURT (DEFENSE MODE)

CONTEXT CHECK	HISTORY CHECK	HUMAN CHECK
☐ BUSY / WORKING	☐ THEY USUALLY LIKE ME	☐ FORGOT TO REPLY
☐ DRIVING / ASLEEP	☐ PATTERN IS STABLE	☐ MISSED "SEND"
☐ OVERWHELMED	☐ ONE BAD MOMENT	☐ ALSO ADHD/ND

BEST ALTERNATIVE EXPLANATION:

04 // DISTORTION FILTER (PICK THE BUG)

☐ **MIND READING**
"I know what they are thinking."
FIX: FACTS ONLY.

☐ **CATASTROPHIZING**
"This is the end of everything."
FIX: ZOOM OUT.

☐ **FILTERING**
Ignoring all positive data.
FIX: WHOLE PICTURE.

05 // NEUTRAL REWRITE

06 // FEAR DEFANG

SURVIVAL FACT
"I feel unsafe, but I am safe."

WORTH FACT
"My worth is not on the table."

07 // HANGOVER PROTOCOL: ☐ HYDRATE ☐ NO BIG DECISIONS (24HRS) ☐ SENSORY REST