

# S<sup>3</sup> Protocol Card

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Standing on the Ledge Quick Card | v1.0 | March 17, 2026

Stop - Stabilize - Survey.

## Important disclaimer

For educational, reflective, and self-guided use only. Not a substitute for medical care, mental health treatment, legal advice, crisis intervention, or financial advice. Stop if distress increases. If you are in immediate danger or may harm yourself or someone else, contact local emergency services or a crisis line right away.

Use this card in moments of overload, conflict, or spiraling. It is meant to slow the chain reaction long enough for you to think clearly again.

## Stop

- Pause the text, post, call, or argument if you can.
- Name what is happening without adding a story to it.
- Give yourself a small gap before responding.

## Stabilize

- Breathe slowly.
- Sit down, drink water, or step outside if available.
- Reduce noise, input, and extra decisions.

## Survey

- What is the actual problem?
- What is urgent and what only feels urgent?
- What is my next smallest useful action?

## Rule

Do not make identity-level decisions while flooded.

Use what helps. Leave what does not. These materials are meant to support reflection and action, not to replace qualified professional care.