

# Shame Ledger Interrupt Card

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

A pocket reminder for when your inner narrative shifts from reflection into self-attack.

## 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.

The shame ledger does not correct you. It prosecutes you. This card helps you interrupt that shift before it hardens into identity.

## Signs you are in a shame ledger

- You move from “I made a mistake” to “I am the mistake.”
- Your mind turns one event into a total verdict on your character.
- You start speaking to yourself in a voice you would never use on someone you care about.

## Interrupt sequence

1. Say it plainly: “This is shame talking.”
2. Put both feet on the floor and slow your breathing.
3. Replace verdict language with event language.
4. Ask what repair, if any, is actually needed.
5. Return to evidence before returning to interpretation.

## Replace these lines

Instead of	Try
I always ruin things.	Something went wrong here. What specifically happened?
This proves who I am.	This is data, not destiny.
I should have known better.	What was reasonable to know at the time?

## Closing reminder

You do not need to agree with every accusation your nervous system throws at you.

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