

STAMP Protocol

When you're triggered

Pause, sort, and choose your next move without letting the first flash become the whole event.

What to do in 60 seconds

1	Stop moving for a beat. Plant your feet or sit down. Do not let the first impulse become the whole event.
2	Exhale longer than you inhale. The goal is interruption, not instant calm.
3	Name it: "I am triggered right now," or "My body thinks this is bigger than it is."
4	Check the room. Ask: Am I in danger, or am I in discomfort? Those are not the same.
5	Choose one deliberate next move: get water, ask for a minute, step outside, or say, "I need a moment before I respond."

Core quick card

S	Stop the surge - Pause the first reaction before it spends money from your future.
T	Tell the truth - Name what is happening in you right now.
A	Ask what this reminds you of - Find the echo. What old danger does this resemble?
M	Measure the moment - Sort present fact from residue. What is actually happening right now?
P	Proceed on purpose - Choose the next action instead of defaulting to the oldest pattern.

FAQ

Do I need to be calm before I use this?

No. Use STAMP to interrupt the spiral while it is happening. You are aiming for a little more space, not perfect peace.

What if I still feel flooded?

Take more distance if you can. Walk, breathe, get water, write instead of react, and reach for support if you need it.

Is this for situations that are actually unsafe?

No. If there is real danger, threat, abuse, or fear for your safety, your first job is safety, not protocol work.

Trauma-safety note: This tool is a grounding aid, not a substitute for therapy, medical care, crisis support, or a personal safety plan. If you are in immediate danger, if someone is threatening you, if you are afraid to go home, or if the situation is actively unsafe, get to safety first. If trauma, panic, dissociation, or self-harm thoughts are in the mix, reach for qualified support if you can.