

# 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

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

# SIGNAL Check

## Red flag or old trigger?

Use this when you need to separate present-day warning signs from old alarm patterns.

## What to do in 60 seconds

1	Pause the first conclusion. Do not make the first surge your final judgment.
2	Ground in the present: feet on the floor, unclench your jaw, take one slower exhale than inhale.
3	Name the question: Is this a red flag, or is this an old trigger?
4	Check one fact. What actually happened, not just what you fear it means.
5	Delay the big move. Do not blow up the relationship or explain away the problem until you have sorted more.

## Core quick card

<b>S</b>	<b>Slow the reaction</b> - Pause before deciding what this means.
<b>I</b>	<b>Identify the facts</b> - What actually happened? What do you know for certain?
<b>G</b>	<b>Gauge the pattern</b> - Is this repeated behavior, or a one-off moment?
<b>N</b>	<b>Note the power dynamic</b> - Is there imbalance, coercion, punishment, or consequence here?
<b>A</b>	<b>Ask what is old here</b> - What past pain is this resembling?
<b>L</b>	<b>Lean, limit, or leave</b> - Choose a response that fits reality, not just alarm.

## FAQ

<b>What points to a likely red flag?</b> Pattern, power imbalance, coercion, instability, retaliation, boundary violations, or facts that are troubling even before emotional history is added.
<b>What points to a likely old trigger?</b> Fast intensity, little evidence, painful familiarity, body activation before facts, and a moment that resembles old pain more than it shows a current pattern.
<b>What if both are true?</b> Both can be true. Present risk and old pain can be active at once. The job is not to pick one story quickly; it is to sort accurately.

**Trauma-safety note:** This tool supports discernment, not therapy, medical care, crisis support, legal advice, workplace reporting channels, or a personal safety plan. If there is ongoing coercion, stalking, violence, retaliation, or any immediate danger, your first job is safety. Do not use self-reflection to explain away real danger or to shame yourself for needing backup.