

# THE ARCHIVIST METHOD™

## EMERGENCY PROTOCOL CARDS

CUT OUT AND LAMINATE - KEEP IN WALLET

---



### CRISIS PROTOCOL #1: 5-MINUTE INTERRUPT

When pattern activated and I'm spiraling:

1. **STOP.** Set timer for 60 seconds. Breathe.
2. **NAME IT:** "The [pattern] just activated."
3. **IDENTIFY DAMAGE:** What did I just do?
4. **DELAY:** 2 hours before making it worse.
5. **CALL:** [Emergency contact name & number]

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

---



## CRISIS PROTOCOL #2: SUICIDAL THOUGHTS

If having suicidal thoughts after pattern activation:

1. **RECOGNIZE:** "This is the pattern protecting itself."
2. **DELAY:** "Not today. Just 24 hours."
3. **CALL 988** (Suicide & Crisis Lifeline)
4. **PHYSICAL:** Cold shower, 50 jumping jacks, ice
5. **CALL MY PERSON:** [Name & number]

My Person: \_\_\_\_\_

Phone: \_\_\_\_\_

---



## CRISIS PROTOCOL #3: RELAPSE (ADDICTION)

If about to relapse:

1. **DELAY:** 15 minutes. Set timer.
2. **CALL SPONSOR:** \_\_\_\_\_
3. **LEAVE LOCATION:** Go anywhere else immediately
4. **IF USED:** Don't spiral. Call support. Return to tracking TODAY.

Sponsor/Support: \_\_\_\_\_

Phone: \_\_\_\_\_

---



## CIRCUIT BREAK - MY PATTERN

**My Pattern:** \_\_\_\_\_

**Circuit Break Statement:**

"The \_\_\_ just activated. I feel \_\_\_.

The program wants me to \_\_\_.

I am choosing to \_\_\_ instead."



## EMERGENCY CONTACTS

**Suicide & Crisis Lifeline:** 988

**Crisis Text Line:** Text HOME to 741741

**My Therapist:** \_\_\_\_\_

**Emergency Person #1:** \_\_\_\_\_

**Emergency Person #2:** \_\_\_\_\_

**THE ARCHIVIST METHOD™ | BROKEN PSYCHOLOGY LAB**