

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: ____

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