

Spiral Escalation Flowchart

Stage 1 - TRIGGER (a small event landed)

Exit: Name it. 'I just got feedback, and that's all.' Move on.

Stage 2 - AMPLIFICATION (your mind is adding meaning)

Exit: 90-second body reset. Feet on floor, long exhale.

Stage 3 - LOOP (you're replaying, can't stop)

Exit: Write it down. Then physically move - walk, water, different room.

Stage 4 - ACTION (you're about to do something irreversible)

Exit: Hard stop. 24-hour rule. Draft, do not send.

The earlier you intervene, the cheaper the exit.