

PIVOT PROTOCOL

Quick Reference Card | Circle 1 Living for Authors | Chapter 3

When to use: GLITCH. Yellow light. The pattern is firing but you can still think. 10 seconds to 5 minutes.



PAUSE

Stop the momentum. Do not act. Do not click. Do not open the new document, send the email, or say yes. A late pause still counts.



IDENTIFY

Name the pattern. Not the story your mind is telling you, but the category underneath: Freeze, Flight, Fawn, or Fight.



VALIDATE

Acknowledge the pattern: "This pattern makes sense. It kept me safe. It is not what I need right now."



ORIENT

Check position using the 3 Circles. Is the thing you are reacting to in Circle 1 (your effort), Circle 2 (influence), or Circle 3 (no control)?



TAKE ACTION

Choose one small, concrete action from Circle 1. Not the perfect action. One sentence. One paragraph. One revision.

BODY SIGNAL GUIDE

FREEZE: Fog. Vision blurs. Thoughts stall. Hands go still. The urge to plan, research, organize.

FLIGHT: Restlessness. Bouncing leg. Reaching for phone. The urge to move anywhere else.

FAWN: Weight in stomach. The pull to drop your work and serve someone else's need.

FIGHT: Heat. Jaw tight. Chest burning. Fingers curling. The urge to argue, defend, attack.

PIVOT handles the flicker. BREAK-R handles the blaze. If the house is on fire (Red voltage, hands shaking, vision narrowing), flip to the BREAK-R card. PIVOT is for rewiring when the house is quiet.

BREAK-R PROTOCOL

Emergency Card | Circle 1 Living for Authors | Chapter 4

When to use: CRASH. Red light. The alarm is blaring. Adrenaline flooding. 60 seconds.

B

BREATHE

4-count inhale through the nose. 7-count hold. 8-count exhale through the mouth. One cycle. The exhale activates the parasympathetic brake.

R

RECOGNIZE

Name the alarm: "This is my alarm system. This is not a real emergency." The naming interrupts the amygdala hijack.

E

EVALUATE

Ask: What is the actual threat? Not the story. The fact. The editorial letter is not a lion. The rejection email is not a predator.

A

ACT (Small)

One micro-action from Circle 1. Stand up. Walk to the window. Fill a glass of water. Touch a physical object. The action reconnects you to the present.

K

KINDNESS

Speak to yourself the way you would speak to a child who made the same mistake. Not a pep talk. Permission to be human.

R

RETURN

Come back to the work. Not to the crisis. To the next sentence. The next paragraph. The smallest unit of forward motion.

BREAK-R is the circuit breaker. You flip it when the house is on fire. You do not rewire during a blaze. After BREAK-R brings you back to Green or Yellow, you can run PIVOT to trace the pattern.

PERMISSION: BREAK-R is not a replacement for professional support. If your alarm system fires constantly, if you cannot sit at your desk without panic, that is a hardware issue and hardware issues need professional help. This card handles the glitches. Your doctor handles the hardware. Both matter.

MORNING CONTROL COMPASS

Daily Card | Circle 1 Living for Authors | Chapter 5 (FORT Framework)

When to use: First 5 minutes of your creative day. Before email. Before social media. Before Noise.

- 1 WHAT IS MY CIRCLE 1 TASK TODAY?**
One task. The single most important thing you can do today that depends on your effort and nothing else. For a writer, this is almost always a word count, a scene, or a revision pass. It is never "get an agent" or "hit bestseller." Those live in Circle 2 or 3.
- 2 WHAT IS MY VOLTAGE RIGHT NOW?**
Check your body before your inbox. Green = regulated and ready. Yellow = something is pulling, may need PIVOT. Red = alarm system already firing, need BREAK-R before you open the manuscript. Five-second scan.
- 3 WHAT NOISE WILL TRY TO HIJACK MY FIRST HOUR?**
Name it before it arrives. The meeting at 10 AM. The social media scroll. The email from the editor. This is not willpower. This is reconnaissance. Scout the terrain before you march.

THE TWO TRACKS

STRATEGIC TRACK	INTUITIVE TRACK
Structured checkpoints. Set a midday alarm for OBSERVE. Schedule a RESPOND window. Write a TRANSFORM review before bed. Best for Freeze and Fawn profiles who need external structure.	Sensation-based checkpoints. OBSERVE when your body tells you something shifted. RESPOND when you catch the voltage change. TRANSFORM through mental review while driving home. Best for Flight and Fight profiles.

EVENING REFLECTION (Post this where you write)

Q1: What did I commit to today?

Q2: What did I execute? (Record data. Not a judgment.)

Q3: What got in the way? (Name the obstacle. Not "I was lazy." That is a verdict, not data.)

CIRCLE 1 LIVING: The Compass does not chain to anything. It anchors your nervous system to your Circle 1 task before Noise rewrites the agenda. The first 30 minutes of your chosen writing window are protected. No email. No social media. No research. No organizing your desk.