12 RSD Spiral Soothing Checklist

An RSD spiral eases fastest body first, story second. Try one step in the first minute.

- [ ] First minute: Splash cold water on your face, or hold ice on your wrist
- [ ] First minute: Unclench your jaw and drop your shoulders
- [ ] First minute: Breathe in for 4, out for 6, for 4 full breaths
- [ ] First minute: Name it out loud, “This is RSD, not the whole truth”
- [ ] While it lasts: Set a 10 minute timer before you respond to anything
- [ ] While it lasts: Text or call one person who already knows this pattern
- [ ] While it lasts: Write down what actually happened, in one plain sentence
- [ ] While it lasts: Move your body for 5 minutes
- [ ] After it passes: Skip the apology tour, one sorry covers it
- [ ] After it passes: Write one line in the voice you’d use for a friend
- [ ] After it passes: Note what triggered it in a single line
- [ ] After it passes: Let the small win count, even a smaller spiral

You’re not behind. You’re just differently wired.