



# The Self-Hypnosis Card

*A calm-down practice you can learn on a good day*



Softness edition

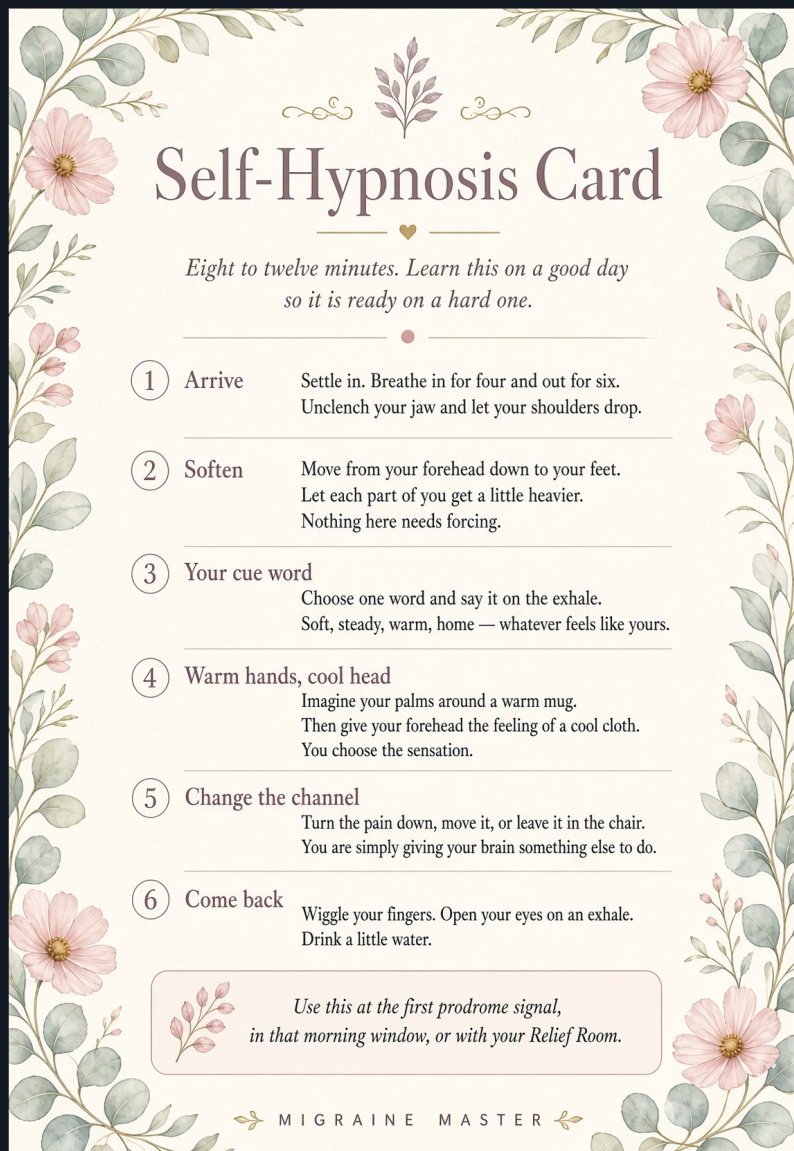


Educational support — not medical advice.

# Your Self-Hypnosis Card

*Eight to twelve minutes. Learn it on a good day so it is ready on a hard one.*

Print this page, or keep it on your phone next to the Prodrome Catcher. The card is the short version. The practice underneath it is the same thing in full sentences, for the first few nights while you are learning it.



## The practice, in full

Eight to twelve minutes. Learn this on a good day so it is ready on a hard one.

1. Arrive — 1 minute

Settle in. Breathe in for four and out for six. Drop your tongue from the roof of your mouth, unclench your jaw, and let your shoulders fall half an inch.

2. Soften the body — 2 minutes

Move from your forehead down: temples, eyes, jaw, neck, shoulders, hands, belly, legs. You are not forcing anything. You are just noticing each area and letting it get a little heavier.

3. Your cue word

Choose one word you will reuse every time. Soft. Steady. Warm. Home. Say it on the exhale.

4. Warm hands, cool head — 3 to 4 minutes

Imagine your palms wrapped around a warm mug, or resting in sunlit water. Warmth into the palms, the fingers, the wrists. Then give your head the opposite: a cool cloth, a night breeze, shade. Forehead cool, eyes easy. If warmth in the head feels better for you than cool, switch. You choose the sensation.

5. Change the channel — 2 minutes

Turn the pain down like a dimmer. Move it two inches and make it smaller. Or step one room over in your mind and leave the ache in the chair. You are not pretending it is not happening. You are simply giving your brain a second job.

6. Come back — 1 minute

Wiggle your fingers. Take one deeper breath. Open your eyes on an exhale. Drink a little water.

### When to use it

- Nightly for two weeks so the groove exists
- At the first Prodrome Catcher signal
- In the Relief Room while the compress timer runs
- After a high-output day, before the let-down hit arrives

If your mind wanders the whole time, that still counts. Wandering and coming back is the practice. Log it in the Habit Tracker like magnesium. Same energy: quiet, consistent, not cinematic.

*This is a self-soothing skill, not a treatment plan. Keep your usual care and trackers running alongside it.*