

Difficult Moments Cards

A Harm Reduction Guide for Intensity, Overwhelm, and Loops.

This is temporary.

Card 1: SURRENDER & TRUST

Difficult is not the same as bad.

Action: Resistance creates friction; surrender brings release.

If the experience feels like a "death" or a "dissolving," lean into it. Intensity is the path to healing.

The Anchor: > "I am safe. I am curious. I let go."

Card 2: THE CBD ANTIDOTE

If physical or mental intensity becomes unmanageable, use high-concentration CBD to "turn the volume down."

Protocol:

2 Sprays under the tongue → Hold 20s → Wait 5–10m.

A Note on Permission:

You do not have to suffer to heal. This will not "stop" the journey, but it will soften the edges.



Card 3:

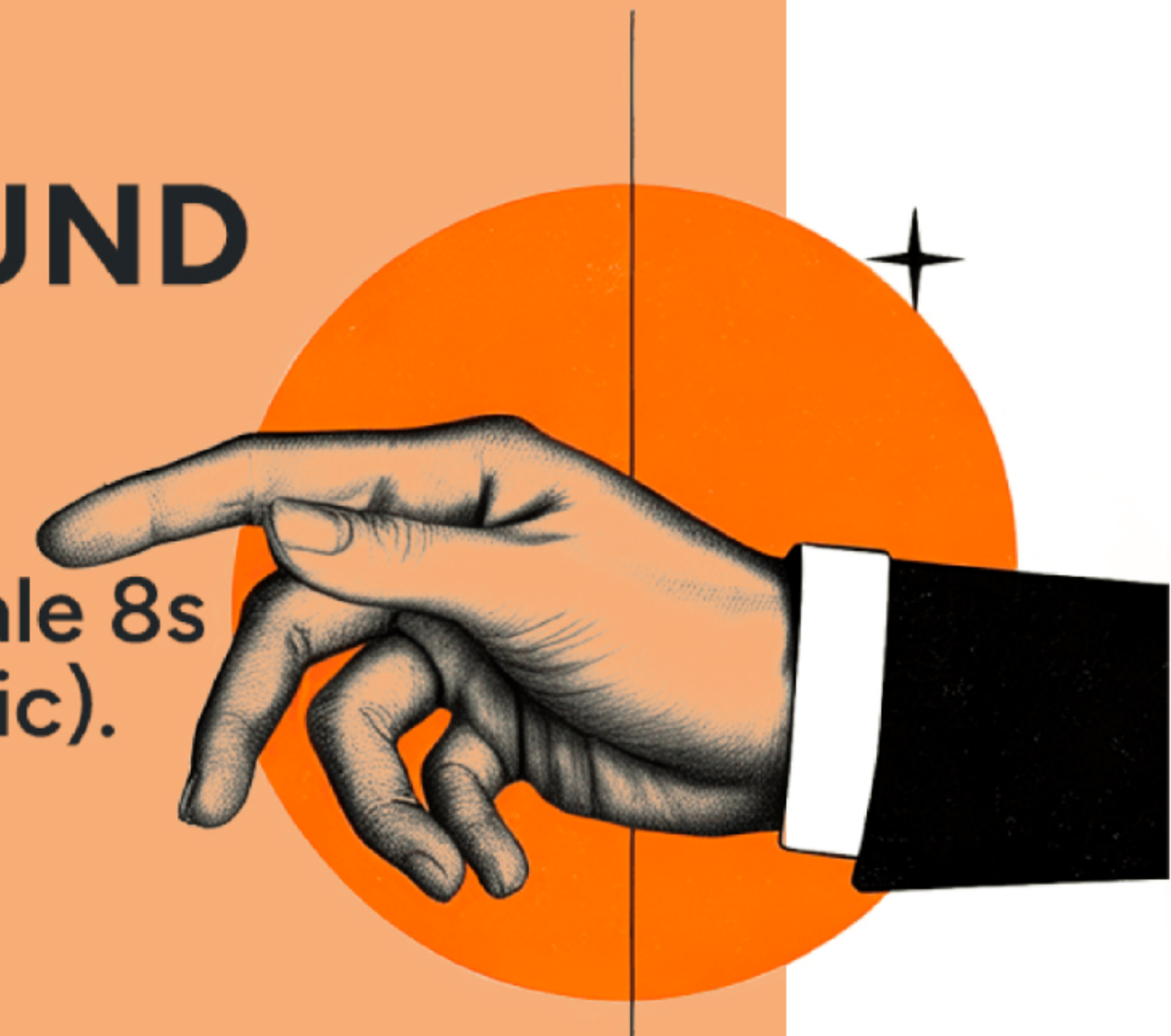
BREATHE & GROUND

Box Breathing

Inhale 4s | Hold 4s | Exhale 8s (the "off switch" for panic).

Sensory Anchors

Press palms into the floor. Feel the texture of the rug or the weight of a stone.



Card 4:

CHANGE THE SETTING

- Switch to a "Return/Grounding" playlist or total silence.

- If lying down, sit up. If eyes are closed, open them.
- Move to a different room or step onto a porch (if safe).

Constraint: Do not leave your safe environment entirely.

Card 5: REACH OUT

You are not alone. Talk to your Sitter: "I am having a hard time. Please hold my hand."

Emergency Support:

Call or text 62-FIRESIDE (623-473-7433). The Fireside Project provides 24/7 free, confidential peer support.

"This is temporary. It will pass. Every wave eventually reaches the shore."

