

Calm Contract

A short written agreement with yourself about how you want to meet the next dysregulation. Not a vow. Not a goal. A working understanding between your steady self and your spiralling self.

When this might help:

- You've finished this book or a part of it and want to anchor the work
- You've come through a difficult patch and want to learn from it
- You want a reference point your spiralling self can read

The practice:

Write a letter from your regulated self to your spiralling self. Cover four things:

- **What I know about you.** What this self looks like, what triggers them, how they show up, what they fear.
- **What I won't ask of you.** What you're explicitly letting go of, perfection, instant return, never spiralling again.
- **What I'm offering.** The specific tools and supports your spiralling self can reach for. Name them.
- **The promise.** One short sentence. Something like *"I will not abandon you when you spiral. I will come back."*

Sign it. Date it. Put it somewhere you can find it when you need it. Read it when you're regulated, not just when you're spiralling.