

Recovery Protocol Template

Module 2.7 · Advocacy Academy · Steampunk Farms

Build your personalized three-phase protocol for emotional processing after advocacy conversations. Be specific enough to follow on a bad day.

Phase 1: Immediate (0–30 minutes after)

Activity	My Specific Plan
Physical reset:	
Brain dump method:	
Find one good thing:	

Phase 2: Short-Term (same day)

Activity	My Specific Plan
Person I process with:	
Unrelated activity:	

Phase 3: Longer-Term (within a week)

Activity	My Specific Plan
Revisit & score the conversation:	
Update trigger inventory:	

Pressure Valve reminder: Name it → Break the loop → Lower the temperature → Decide
