

# TRIGGERED → PEACE SCRIPT CARD

## STEP 1 — PAUSE YOUR BODY

- Unclench jaw
- Drop shoulders
- Slow breath in... slow breath out

## STEP 2 — SPEAK TRUTH

“God is here. God is near. I am safe in this moment.”

## STEP 3 — RESET EMOTIONS

Place hand over heart and breathe for 10 seconds.

## STEP 4 — PEACE PHRASES

- “I need a moment. Let’s talk shortly.”
- “I hear you. I need time to respond well.”
- “I love you. I’m choosing calm first.”

## STEP 5 — SCRIPTURE RESET

John 14:27 — “My peace I give to you... Do not let your heart be troubled.”

## STEP 6 — NEXT PEACEFUL STEP

Ask: “What is the most peaceful next step I can take right now?”