

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

The State-Shift Card

Being stuck is usually not a thinking problem; it's a state problem, and the fastest way out is not to think harder but to move. Fill this out once when you're well, because you will not have the patience to design it when you're not. Then keep it where the hard moments happen — I'd suggest the kitchen.

My signals that the state is narrowing (shoulders, breath, the voice going harsh — name yours): _____

My songs. Three with history in my body, the ones that have made me feel alive before and will again:

1. _____

2. _____

3. _____

My fast resets, sixty seconds or less: _____

My four stances, in my own words — when I need to hold a boundary, I stand like: _____

When someone needs my warmth, I soften by: _____

When I need clarity over emotion, I: _____

When the room needs me to lead, I: _____



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After the shift, one small action — water, the door, the floor with a kid, the repair: _____

The reminder that goes at the bottom of the card, copy it as written: *The state I'm in is not the only state available to me. When the state shifts, the story shifts with it.*

