

SEHTLO WEBS MD

MELTDOWN TRIAGE POCKET DOCTOR CHEMICAL CHARACTERS CARDS



DOPAMINE – “The Spark”

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Level 0:

“A static puddle.”

Level 2:

“Two sparkles.”

Level 5:

“A neon comet.”

Boosters: novelty, play, urgency

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SEROTONIN – “The Anchor”

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Level 0:

“The campfire went out.”

Level 2:

“Tea candle.”

Level 5:

“The sun in your spine.”

Boosters: sunlight, routine

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CORTISOL – *“Storm Current”*

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Level 0:

“Clear skies.”

Level 2:

“Electric air.”

Level 5:

“Category 5 hurricane.”

Soothers: cold, silence

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OXYTOCIN – “*Tether*”

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Level 0:

“Untethered satellite.”

Level 2:

“String in your hand.”

Level 5:

“Braided safety net.”

Boosters: touch, laughter

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NOREPINEPHRINE – “Lightning”

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Level 0:

“Warm slow rain.”

Level 2:

“Storm in distance.”

Level 5:

“Live wire skeleton.”

Soothers: tapping, grounding

DECK 8: CREATIVE FINGERPRINTS