



STAND UP Protocol

Situational Threat Assessment & Non-Defensive Upholding of Personhood

This protocol is meant to be **memorized**, **embodied**, and **executed calmly**.

S — Stop

Halt engagement immediately.

- Do not explain
- Do not over-justify
- Do not argue emotionally

✦ *Military principle:* You cannot assess a threat while moving reactively.

Internal command: “Stop. I am not required to absorb this.”

T — Tone Check

Lower your voice. Slow your cadence.

- Calm tone = authority
- Emotional tone = vulnerability

✦ *Military principle:* The calmest voice in the room holds command.

External example:
“That tone is not appropriate.”

A — Assess

Identify what is happening, not why.

- Disrespect?
- Gaslighting?
- Mockery?
- Dismissal?
- Projection?

✦ *Military principle:* Name the condition, not the motive.

Internal: “This is boundary violation, not dialogue.”

N — Name

Label the behavior out loud—briefly and factually.

- No insults
- No diagnosis
- No emotion dumping

✦ *Military principle:* Clear language disrupts manipulation.

Examples:

“That comment is disrespectful.”

“You are mischaracterizing me.”

“This crosses a boundary.”

D — Direct

State what will happen next.

- One sentence
- No threats
- No debate

✦ *Military principle:* Orders are concise and enforceable.

Examples:

“We will continue when this is respectful.”

“If this continues, I will disengage.”

“That behavior needs to stop.”

U — Unhook

Remove yourself emotionally and/or physically.

- Change topic
- Leave room
- End conversation
- Stop responding

✦ *Military principle:* Retreat is not surrender; it is repositioning.

Internal: “I do not chase respect. I require it.”

P — Preserve

Document, decompress, and protect your energy.

- Write it down
- Save messages
- Ground your body
- Return to regulated state

✚ *Military principle:* After-Action Review protects future readiness.



Alternate Short-Form Command Version

For high-stress moments:

“STAND. ASSESS. NAME. EXIT.”



Companion Acronym: GO

When you’ve already assessed the situation and need to move on fast.

G — Ground

- Feet planted
- Breath slow
- Shoulders back

O — Out

- Exit the interaction
- End access
- Reclaim time

*“I’m done with this conversation.”
(Then go.)*



Why This Works

- Does **not** escalate
- Does **not** appease
- Does **not** invite debate
- Signals **self-authority**
- Leaves a **clear behavioral record**

This is especially effective against:

- Passive-aggressive behavior
- Psychological manipulation
- Smear attempts
- Infantilization
- “Joking” disrespect
- Power-testing