

THE ARC OF SURVIVAL INTELLIGENCE

PART	DIRECTION	QUESTION
PRELUDE: THE TRAUMA <i>What happened to you?</i>	THE RUPTURE	<i>Why did I need survival intelligence in the first place?</i>
PART I: FORMATION <i>Why it made sense</i>	SURVIVAL INTELLIGENCE	<i>What kept me alive—and at what cost?</i>
PART II: ADAPTATION <i>Why I didn't fall apart</i>	CONTAINMENT	<i>How did love, structure, or protection hold me—and shape me—while I adapted?</i>
PART III: RECOGNITION <i>When I finally see it</i>	THE MIRROR	<i>Who am I with the lie?</i>
INTERLUDE: THE VOID <i>Am I failing?</i>	LIMINALITY	<i>Who am I when the lie no longer works—but the truth isn't integrated yet?</i>
PART IV: INTEGRATION <i>What remains after survival?</i>	NARRATIVE	<i>Who am I when my trauma is integrated—not erased, not in control?</i>
CODA: WHAT'S NEXT? <i>Where do you go from here?</i>	THE JOURNEY	<i>What is my story now? Who do I become when survival isn't running the show?</i>