

THE 24-HOUR PROTOCOL



CLASSIFIED

COPING CARTEL

FAMILY. LOYALTY. RESILIENCE.

Members Only

12-01-2025

THE 24-HOUR PROTOCOL

OPERATIONAL CHECKLIST FOR HIGH-THREAT DAYS
FROM THE DESK OF: THE COPING CAPO

THE SITUATION

The enemy is inside the wire. You woke up with the weight of the world on your chest. The anxiety is loud. The depression is heavy. Your brain is trying to sabotage the operation.

DO NOT NEGOTIATE. Today is not about "thriving." Today is about survival. You are moving to DEFCON 1. Follow these orders exactly. Do not think. Just execute.

PHASE 1: SECURE THE PERIMETER (0600 - 0900)

[] **THE WAKE UP** Do not hit snooze. Snooze is a surrender. Feet on the floor immediately.

[] **SHOCK THE SYSTEM** Splash cold water on your face or take a cold shower. Force the nervous system to reset.

[] **HYDRATE** Drink one large glass of water. Your brain needs fluid to fight.

[] **UNIFORM UP** Do not stay in pajamas. Put on shoes. Dress like you have a job to do, even if the job is just surviving the day.

[] **NO INTEL** Do not check your phone for the first 30 minutes. No news. No social media. Do not let the outside chaos in.

PHASE 2: MAINTAIN POSITION (1200 - 1400)

- [] FUEL THE ENGINE** Eat something with protein. Sugar is a cheap fuel that will cause a crash later. We need clean energy.
- [] PERIMETER CHECK** Go outside. Walk around the block. Get sunlight in your eyes. It signals the biological clock that we are active.
- [] RADIO SILENCE** If the news or social media is spiking your anxiety, cut the line. Turn it off.

PHASE 3: THE DEBRIEF (1800 - 2000)

- [] THE BRAIN DUMP** If your head is spinning, get it on paper. Write down every threat, worry, or fear. Once it is written down, it is a "file"—it is no longer a ghost haunting you.
- [] THE SMALL WIN** Did you survive the day? Then you won. Acknowledge the victory.
- [] PREP THE GEAR** Lay out your clothes for tomorrow. Reduce the friction for the next morning.

PHASE 4: LOCKDOWN (2100 - 2300)

- [] CUT THE WIRE** No screens 1 hour before bed. The blue light is an enemy signal.
- [] COOL THE ROOM** Drop the temperature. We sleep better in the cold.
- [] STAND DOWN** You did your duty. The day is done. Sleep is your weapon. Reload for tomorrow.

THE CREDO

"I will not pay the vig on my own mind. I will control what I can, and I will endure what I cannot. I am part of The Family, and I do not fight alone."

NEED BACKUP? Log in to **The Safe House** immediately.
COPINGCARTEL.COM

