



DEUS INTUS

Awaken the Power Within



PROTECT YOUR PEACE PROTOCOL

A boundary inventory, access map and script builder
for protecting attention without abandoning compassion.



DIGITAL COMPANION · DI-DP-005

PRIVATE STANDARD / DELIBERATE ACCESS

Peace is not passive.

It is maintained through clear standards, deliberate access and consistent follow-through.

A boundary is not a punishment. It is the visible architecture of what you are prepared to protect.



HOW TO USE THIS PROTOCOL

Protect the standard before resentment has to announce it.

Use this when exhaustion, distraction or resentment reveals that access has exceeded capacity.

01 / AUDIT

Find the leak

Identify where time, access, emotional labour, digital attention or standards are being given without conscious agreement.

02 / RECLASSIFY

Set the access level

Move the person, platform or demand to the smallest level of access that protects the standard.

03 / STATE IT

Build the script

Name the limit, state what remains available, define timing and specify follow-through.

Core outcome

One boundary to set, one access decision, an exact script and a follow-through plan.

Compassion without self-abandonment.

Use evidence, not guilt

- ☐ Audit the pattern before choosing language.
- ☐ Set the smallest boundary that genuinely protects the standard.
- ☐ Do not over-explain.

YOUR INTENTION

The standard I want this protocol to protect is...

RESENTMENT IS INFORMATION

The feeling is often late. The pattern began earlier.

A boundary leak usually appears first as an unchosen yes, immediate availability, repeated explanation or responsibility for consequences that are not yours.

Signals access has exceeded capacity

- ☐ You rehearse the same frustration without changing the arrangement.
- ☐ You feel pressure to reply immediately even when nothing is urgent.
- ☐ You explain a simple no until it becomes negotiable.
- ☐ You carry another adult's feelings, decisions or consequences.
- ☐ You lower a standard to avoid temporary discomfort.

DISCERNMENT

The question is not:
"Am I allowed to have a boundary?"

The useful question is:
"What level of access is supported by the evidence?"

PATTERN

The situation that repeatedly drains or disrupts me is...

COST

The cost of leaving this unchanged is...

FIVE DOMAINS / ONE HONEST AUDIT

Locate the breach before designing the response.

Score each domain from 1 (protected) to 5 (repeatedly breached). Use the next five pages to record evidence.

1. Time	Unchosen commitments, interruptions and availability.	0 0 0 0 0
2. Access	Who expects reach, speed or intimacy beyond trust.	0 0 0 0 0
3. Emotional labour	Feelings, decisions and consequences carried for others.	0 0 0 0 0
4. Digital	Notifications, platforms and contact that breach attention.	0 0 0 0 0
5. Standards	Where clarity is lowered to avoid discomfort.	0 0 0 0 0



PROTECT THE CENTRE

HIGHEST PRESSURE DOMAIN

THE ONE DOMAIN TO ADDRESS FIRST

DOMAIN 1 OF 5

Time

Where do I repeatedly give time I did not consciously choose?

1

Time boundaries protect attention before the calendar becomes a record of other people's priorities.

LOOK FOR EVIDENCE

- ☐ Meetings accepted without purpose
- ☐ Calls or messages answered by reflex
- ☐ Favour requests that become recurring expectations
- ☐ No protected recovery or focus blocks

WHAT IS HAPPENING NOW?

WHAT HAVE I BEEN AFRAID WILL HAPPEN IF I CHANGE IT?

WHAT STANDARD NEEDS VISIBLE PROTECTION?

DOMAIN 2 OF 5

Access

Who expects immediate access to me, and why?

2

Access should increase with demonstrated trust, reciprocity and responsibility - not familiarity, guilt or persistence.

LOOK FOR EVIDENCE

- ☐ Immediate replies treated as normal
- ☐ Private information shared beyond earned trust
- ☐ Repeated interruptions without consequence
- ☐ Availability assumed rather than agreed

WHAT IS HAPPENING NOW?

WHAT HAVE I BEEN AFRAID WILL HAPPEN IF I CHANGE IT?

WHAT STANDARD NEEDS VISIBLE PROTECTION?

DOMAIN 3 OF 5

Emotional Labour

Where am I carrying feelings, decisions or consequences that are not mine?

3

Compassion can witness another person's experience without taking ownership of their regulation, choices or repair.

LOOK FOR EVIDENCE

- ☐ Managing another adult's mood
- ☐ Solving consequences they repeatedly create
- ☐ Accepting blame to restore short-term calm
- ☐ Suppressing your need to avoid disappointing them

WHAT IS HAPPENING NOW?

WHAT HAVE I BEEN AFRAID WILL HAPPEN IF I CHANGE IT?

WHAT STANDARD NEEDS VISIBLE PROTECTION?

DOMAIN 4 OF 5

Digital

Which notifications, chats or platforms repeatedly breach my attention?

4

Digital access feels small in the moment but compounds into fragmented attention, nervous-system noise and weakened deliberate choice.

LOOK FOR EVIDENCE

- ☐ All notifications treated as equally urgent
- ☐ Group chats creating permanent availability
- ☐ Work channels reaching into recovery time
- ☐ Platforms opened without a conscious purpose

WHAT IS HAPPENING NOW?

WHAT HAVE I BEEN AFRAID WILL HAPPEN IF I CHANGE IT?

WHAT STANDARD NEEDS VISIBLE PROTECTION?

DOMAIN 5 OF 5

Standards

Where do I lower a clear standard to avoid discomfort or disappointment?


 5

A standard becomes real when behaviour remains aligned after resistance appears. The boundary is the operating instruction.

LOOK FOR EVIDENCE

- ☐ Deadlines moved without renegotiation
- ☐ Disrespect excused because confrontation feels costly
- ☐ Quality lowered to satisfy urgency
- ☐ A clear no softened until it becomes yes

WHAT IS HAPPENING NOW?

WHAT HAVE I BEEN AFRAID WILL HAPPEN IF I CHANGE IT?

WHAT STANDARD NEEDS VISIBLE PROTECTION?

ACCESS IS EARNED AND CONTEXTUAL

Not everyone belongs at the same distance.

The goal is not to exile people. It is to place each relationship, platform or demand at the access level supported by trust, purpose and behaviour.

**INNER CIRCLE**

High trust, mutual care, honest access and reciprocal responsibility.

TRUSTED

Meaningful access with context-specific limits.

LIMITED

Polite, functional and purpose-bound access.

CLOSED

No current access where safety, standards or repeated breaches require it.

CURRENT MISCLASSIFICATION

Who or what is currently receiving the wrong level of access?

MAKE THE DECISION TRACEABLE

Change access from evidence, not from a temporary mood.

PERSON / PLATFORM / DEMAND

CURRENT ACCESS LEVEL

- ☐ Inner circle
- ☐ Trusted
- ☐ Limited
- ☐ Closed

NEW ACCESS LEVEL

- ☐ Inner circle
- ☐ Trusted
- ☐ Limited
- ☐ Closed

REVIEW DATE

EVIDENCE

What repeated behaviour supports changing the level?

VISIBLE BOUNDARY

What behaviour will demonstrate the new access level?

FOUR PARTS / NO UNNECESSARY DEFENCE

State the boundary in language that can survive pressure.

A strong script is clear enough to act on, brief enough not to become a debate and specific enough to reveal what happens next.

1

NAME THE LIMIT

I am not available for...

2

STATE WHAT IS AVAILABLE

What I can offer is...

3

DEFINE TIMING OR CONDITION

I can revisit this when / on...

4

FOLLOW THROUGH

If the limit is ignored, I will...

DRAFT THE FOUR CLAUSES

FIRM DOES NOT REQUIRE HOSTILE

Use proportionate language for the actual situation.

TIME

"I cannot take this on today. I can review it on Thursday. If it must happen before then, it will need another owner."

EMOTIONAL LABOUR

"I care about what you are dealing with, but I cannot make this decision for you. I can listen for ten minutes while you decide your next step."

DIGITAL

"I do not monitor messages after 7pm. I will reply during working hours. Call only if it is genuinely urgent."

STANDARDS

"I am happy to continue when the conversation is respectful. If that changes, I will end the call and revisit it later."

YOUR COMPLETE BOUNDARY SCRIPT

Remove apology, biography and speculative defence unless they materially improve clarity.

THE BOUNDARY IS THE BEHAVIOUR AFTER THE SENTENCE

Prepare for the moment you are tempted to weaken it.

LIKELY WEAKENING URGE

- ☐ Over-explain until the limit becomes negotiable.
- ☐ Respond immediately to relieve guilt.
- ☐ Make an exception before evidence changes.
- ☐ Become hostile because clarity felt ignored.
- ☐ Do the task yourself rather than tolerate discomfort.

RETURN INSTRUCTION

Repeat the limit once. Do not add a new defence. Follow through on the action already stated.

Consistency teaches others how the boundary operates - and teaches you that your own words can be trusted.

WHEN PRESSURE APPEARS, I MAY FEEL THE URGE TO...

INSTEAD, I WILL HOLD THE LINE BY...

BUILD SELF-TRUST THROUGH REPETITION

Track whether the new access level is becoming real.

Record the trigger, the boundary used, the response received and whether you followed through without hostility or self-abandonment.

DAY	TRIGGER / REQUEST	BOUNDARY USED	RESPONSE	HELD?
1				
2				
3				
4				
5				
6				
7				

WHAT BECAME EASIER?

WHAT STILL NEEDS ADJUSTMENT?

COMMAND / PROTECT / REVIEW / RECALIBRATE

Turn one boundary into a repeatable operating standard.

1

COMMAND

Name what matters and the standard being protected.

2

PROTECT

Set the access level and state the visible limit.

3

REVIEW

Use evidence from the response and your follow-through.

4

RECALIBRATE

Strengthen, soften or close access based on behaviour.

Continue the practice

Pair a visible Protect Your Peace cue with this protocol so the message becomes a reminder to use the boundary you have designed.

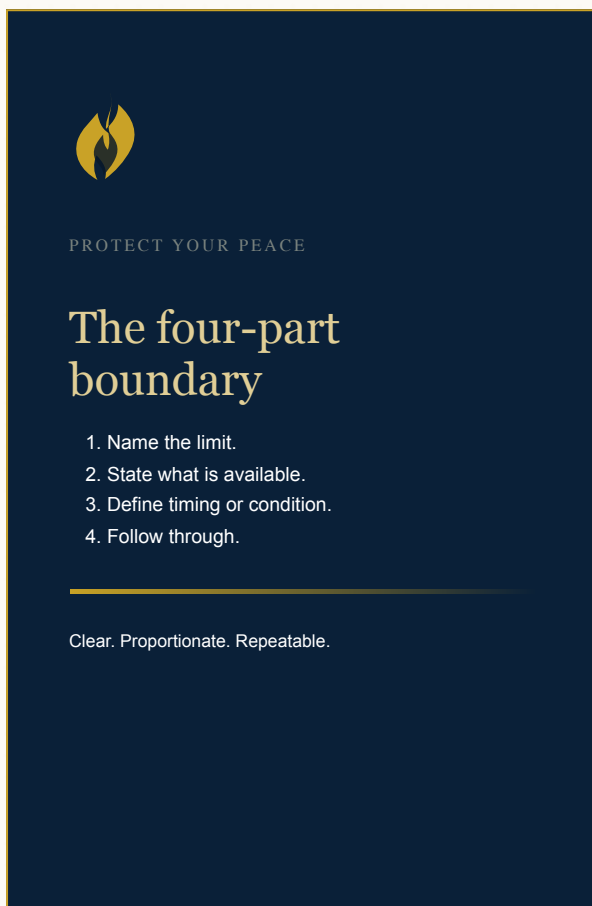
Explore the Sovereign Essentials collection from your secure product page.

Your protocol remains useful on its own; no further purchase is required.

MY REVIEW DATE AND EVIDENCE THRESHOLD

ONE VISIBLE POINT OF RETURN

Carry the boundary architecture into the moment.



MY EXACT BOUNDARY

MY FOLLOW-THROUGH ACTION

Protecting peace is not withdrawal from life. It is preserving the capacity to meet life deliberately.

You do not need a perfect week. You need one honest point of return.

Use judgement where power imbalance, coercion, abuse or personal safety is involved. This tool is not legal, safeguarding or therapeutic advice.