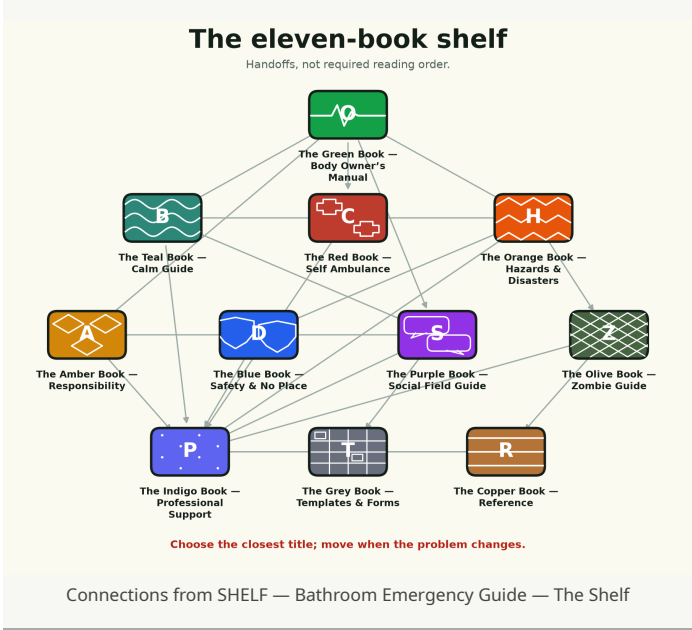


# Where next?

SHELF

You do not need to complete the shelf in order. Stay here while this is the primary problem; move when another title becomes more accurate.

LOOK CLOSER / MAP · EVIDENCE · DIAGRAM



BATHROOM EMERGENCY GUIDE / START HERE · 11 BOOKS



# Bathroom Emergency Guide — The Shelf

Which of the eleven books to open, and why reading order is optional.

**Actual emergency?**

Stop reading and use the local emergency number. In the EU, call **112**. If calling is unsafe, get to a safer place or ask a trusted person to call.



## What this book is for

- Which book is closest to the present problem?
- What do I read first?
- What happens when the problem changes?

### What this book does

Names the eleven books, what each is for, and how to move between them.

### What it hands off

Every actual route. This page points; the books act.

## Contents

- Bathroom Emergency Guide
  - Eleven books for when a small room becomes headquarters
  - How to use the eleven books
  - The shelf
  - Reading order is optional

## Bathroom Emergency Guide

### FIELD NOTE 01

## Eleven books for when a small room becomes headquarters

*You're in a bathroom. That's already a good start.*

A practical field guide for anxiety, pain, responsibility, awkward people, unsafe rooms, failing infrastructure, strange body signals, and — because the future remains poorly supervised — zombie-adjacent events.

### Actual emergency?

Stop reading. Get another person if that is safe. Put the phone on speaker. Unlock or mark the door if that is safe. Use the local emergency number; in the EU, call **112**. If calling is unsafe, get to a safer place or ask a trusted person to call.

Otherwise, choose the book that matches the problem. You do not need to prove that the problem is serious enough, explain your entire biography, or become calm before turning the page. One accurate observation and one useful action are enough to begin.

The jokes stay. So do the sources. Neither is allowed to stand between a reader and the action that matters.

### FIELD NOTE 02

## How to use the eleven books

This is not a course and the bathroom is not an examination hall. Start with the book whose title sounds closest to the present problem. Read until you find one action you can actually perform. Then perform it and reassess.

### FIELD NOTE 03

## The shelf

| BOOK                                        | OPEN IT WHEN...                                                                    |
|---------------------------------------------|------------------------------------------------------------------------------------|
| <b>The Green Book — Body Owner's Manual</b> | your body is loud, unfamiliar, faint, hungry, medicated, or difficult to interpret |



| BOOK                                             | OPEN IT WHEN...                                                                                          |
|--------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>The Amber Book — Responsibility</b>           | you caused harm, carry a duty, care for someone, or need to repair something                             |
| <b>The Teal Book — Calm Guide</b>                | anxiety, panic, overload, shame, or sensory noise has taken the controls                                 |
| <b>The Red Book — Self Ambulance</b>             | pain, injury, illness, first aid, or a medical handoff is the main problem                               |
| <b>The Blue Book — Safety &amp; No Place</b>     | a person, place, access barrier, or lack of shelter makes the next hour unsafe                           |
| <b>The Orange Book — Hazards &amp; Disasters</b> | fire, smoke, gas, flood, severe weather, building damage, or an official warning changes the environment |
| <b>The Olive Book — Zombie Guide</b>             | power, water, transport, medication, communication, or community systems are failing                     |
| <b>The Indigo Book — Professional Support</b>    | you need the right service, number, script, legal route, or medical contact                              |
| <b>The Purple Book — Social Field Guide</b>      | the emergency is other people, returning to them, leaving them, or setting a boundary                    |
| <b>The Grey Book — Templates &amp; Forms</b>     | your working memory has resigned and the facts need somewhere else to live                               |
| <b>The Copper Book — Reference</b>               | you need a map, source, stable address, formula, figure, or complete index                               |

### FIELD NOTE 04

## Reading order is optional

The books cross-reference each other because real situations ignore filing systems. You may begin in Purple, move to Teal, discover you actually need Blue, and finish with a Grey form. That is not getting lost. That is the guide working.