

The Override

Interrupt

For the yes already leaving your mouth while the rest of you stands there. Ninety seconds, in any bathroom, in any parked car.

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IN THE ROOM

One sentence

Feet down, breathe out, and say: *Let me get back to you.* The rest happens wherever you go next.

01

0-25 SECONDS

Feet

Both feet flat, press down a little. The floor pushes back. That's the room telling you it's still there.

02

25-50 SECONDS

One fact

One true thing about where you are, out loud if you can. A fact from the room outranks a feeling from the scene.

03

50-75 SECONDS

One chosen motion

Roll your shoulders once. Stand up and sit down once. Turn the tap on and off. The receipt that you still choose motions.

04

75-90 SECONDS

Back in

Adjust nothing. Explain nothing. Return exactly as you are.

Couldn't leave the room? Do it in the car afterward. Late still counts.