


SINGLE / WEAVE 2

SEEN | NOTICE THE SHIFT

### The Quiet Drop



*They stop reaching out.*

**REALITY NOTE:**  
Withdrawal is a pattern change, not proof they want space.

VALUE 2 DIG 1

SINGLE / WEAVE 3

SEEN | NOTICE THE SHIFT

### False Fine



*The words say fine, the person does not.*

**REALITY NOTE:**  
Fine can be a shield. Compare words with behaviour.

VALUE 3 DIG 1

SINGLE / WEAVE 4

SEEN | NOTICE THE SHIFT

### Vanishing Routine



*Sleep, food and messages start slipping.*

**REALITY NOTE:**  
Routine changes often show distress before people explain it.

VALUE 4 DIG 2

SINGLE / WEAVE 5

SEEN | NOTICE THE SHIFT

### Sudden Calm



*The storm goes quiet too fast.*


**REALITY NOTE:**  
Sudden calm after distress can mean a decision has formed.

VALUE 5 DIG 2

SINGLE / WEAVE 6

SEEN | NOTICE THE SHIFT

### Agitated Static



*They cannot sit, settle, or explain why.*


**REALITY NOTE:**  
Agitation can be fear, shame or overload looking for a way out.

VALUE 6 DIG 2

SINGLE / WEAVE 7

SEEN | NOTICE THE SHIFT

### Burden Talk



*Their worth starts sounding negotiable.*

**REALITY NOTE:**  
Listen when worth becomes conditional or negotiable.

VALUE 7 DIG 3

SINGLE / WEAVE 8

SEEN | NOTICE THE SHIFT

### Goodbye Shape



*Their words feel like a door closing.*

**REALITY NOTE:**  
Goodbye-shaped language deserves a direct response.

VALUE 8 DIG 3

SINGLE / WEAVE 9

SEEN | NOTICE THE SHIFT

### Reckless Relief



*Risk starts to feel like relief.*

**REALITY NOTE:**  
Risk can feel like relief when pain has narrowed choice.

VALUE 9 DIG 3

SINGLE / WEAVE 10

SEEN | NOTICE THE SHIFT

### The Narrowing Window



*The signs have stopped being subtle.*

**REALITY NOTE:**  
When signs stack up, waiting for certainty becomes risk.

VALUE 10 DIG 5



**SINGLE ONLY** **J**

SEEN | NOTICE THE SHIFT

### Ask Directly



*Ask plainly before silence grows.*


**WHEN PLAYED:**  
Peek 2 from draw. Keep 1. Return rest to top in any order.

**VALUE 10** **DIG 5**

**SINGLE ONLY** **Q**

SEEN | NOTICE THE SHIFT

### Name The Shift



*Name the shift without accusation.*


**WHEN PLAYED:**  
Peek 3 from draw. Keep 1. Return rest to top in any order.

**VALUE 10** **DIG 5**

**SINGLE ONLY** **K**

SEEN | NOTICE THE SHIFT

### Break Isolation



*One safe witness becomes two.*

**WHEN PLAYED:**  
Peek 4 from draw. Keep 1. Return rest to top in any order.

**VALUE 10** **DIG 5**

**SINGLE ONLY** **A**

SEEN | NOTICE THE SHIFT

### Witness First



*See the human, not the panic.*

**WHEN PLAYED:**  
Peek 5 from draw. Keep 1. Return rest to top in any order.

**VALUE 10** **DIG 5**

**SINGLE / WEAVE** **2**

HELD | STAY WITH THE PERSON

### Sit Beside



*Presence before solutions.*


**REALITY NOTE:**  
Being beside someone can matter before advice does.

**VALUE 2** **DIG 1**

**SINGLE / WEAVE** **3**

HELD | STAY WITH THE PERSON

### Let Silence Work



*Do not fill every gap.*

**REALITY NOTE:**  
Silence can be supportive when it is not abandonment.

**VALUE 3** **DIG 1**

**SINGLE / WEAVE** **4**

HELD | STAY WITH THE PERSON

### Mirror Back



*Use their words, not your theory.*


**REALITY NOTE:**  
Use their words so they feel heard, not analysed.

**VALUE 4** **DIG 2**

**SINGLE / WEAVE** **5**

HELD | STAY WITH THE PERSON

### Steady Voice



*Your calm becomes a handle.*


**REALITY NOTE:**  
A steady voice gives the room something to hold.

**VALUE 5** **DIG 2**

**SINGLE / WEAVE** **6**

HELD | STAY WITH THE PERSON

### No Shame Room



*Pain can be spoken here.*

**REALITY NOTE:**  
Shame shrinks when pain can be spoken without performance.


**VALUE 6** **DIG 2**



♥ SINGLE / WEAVE 7

HELD | STAY WITH THE PERSON

### Next Hour



*Shrink the future to now.*

REALITY NOTE:  
Short horizons make survival feel more possible.

VALUE 7 DIG 3

♥ SINGLE / WEAVE 8

HELD | STAY WITH THE PERSON

### Stay Through Spike



*Do not vanish at the peak.*

REALITY NOTE:  
The peak is when staying matters most.

VALUE 8 DIG 3

♥ SINGLE / WEAVE 9

HELD | STAY WITH THE PERSON

### One Promise



*I am here, and I mean it.*


REALITY NOTE:  
A promise only helps when it is specific and kept.

VALUE 9 DIG 3

♥ SINGLE / WEAVE 10

HELD | STAY WITH THE PERSON

### Hold The Line



*Connection stays in sight.*


REALITY NOTE:  
Holding the line means staying visible, not controlling.

VALUE 10 DIG 5

♥ SINGLE ONLY J

HELD | STAY WITH THE PERSON

### Direct Check



*Protect the current moment.*

WHEN PLAYED:  
Recover up to 1 from discard/played. Moment end: discard to 7.

VALUE 10 DIG 5

♥ SINGLE ONLY Q

HELD | STAY WITH THE PERSON

### Gentle Truth



*Pain can return to the room.*


WHEN PLAYED:  
Recover up to 2 from discard/played. Moment end: discard to 7.

VALUE 10 DIG 5

♥ SINGLE ONLY K

HELD | STAY WITH THE PERSON

### Anchor Them



*Keep connection within reach.*

WHEN PLAYED:  
Recover up to 3 from discard/played. Moment end: discard to 7.

VALUE 10 DIG 5

♥ SINGLE ONLY A

HELD | STAY WITH THE PERSON

### Stay With Me



*No performance, no panic, just human.*

WHEN PLAYED:  
Recover up to 4 from discard/played. Moment end: discard to 7.

VALUE 10 DIG 5

♣ SINGLE / WEAVE 2

HELPED | MAKE HELP REAL

### One Text Sent



*Bring one safe person in.*

REALITY NOTE:  
One message can turn private danger into shared care.

VALUE 2 DIG 1



**SINGLE / WEAVE** 3

HELPED | MAKE HELP REAL

### Water And Food

*Basic care lowers the volume.*

**REALITY NOTE:**  
Basic needs can lower intensity enough for help to land.

**VALUE 3** **DIG 1**

**WEAVE ONLY** 4

HELPED | MAKE HELP REAL

### Small Task Removed

*Clear one practical threat.*

**REALITY NOTE:**  
Small practical relief can make the next minute easier.

**VALUE 4** **DIG 2**

**SINGLE / WEAVE** 5

HELPED | MAKE HELP REAL

### Call Together

*Hands do not shake alone.*

**REALITY NOTE:**  
Calling together reduces the weight of asking alone.

**VALUE 5** **DIG 2**

**SINGLE / WEAVE** 6

HELPED | MAKE HELP REAL

### Transport Sorted

*Move toward help, not away.*

**REALITY NOTE:**  
Transport can turn intention into actual help.

**VALUE 6** **DIG 2**

**SINGLE / WEAVE** 7

HELPED | MAKE HELP REAL

### Share The Weight

*No lone rescuer mythology.*

**REALITY NOTE:**  
Support fails when one person tries to become the whole system.

**VALUE 7** **DIG 3**

**WEAVE ONLY** 8

HELPED | MAKE HELP REAL

### Names In Reach

*Put real people within reach.*

**REALITY NOTE:**  
Names matter more when they are reachable now.

**VALUE 8** **DIG 3**

**WEAVE ONLY** 9

HELPED | MAKE HELP REAL

### Hand-Off, Not Drop-Off

*Stay until the next person has them.*

**REALITY NOTE:**  
Do not hand off until the next person has truly received them.

**VALUE 9** **DIG 3**

**WEAVE ONLY** 10

HELPED | MAKE HELP REAL

### Next 24 Hours

*Build the immediate bridge.*

**REALITY NOTE:**  
A 24-hour plan beats a vague promise of later.

**VALUE 10** **DIG 5**

**SINGLE ONLY** J

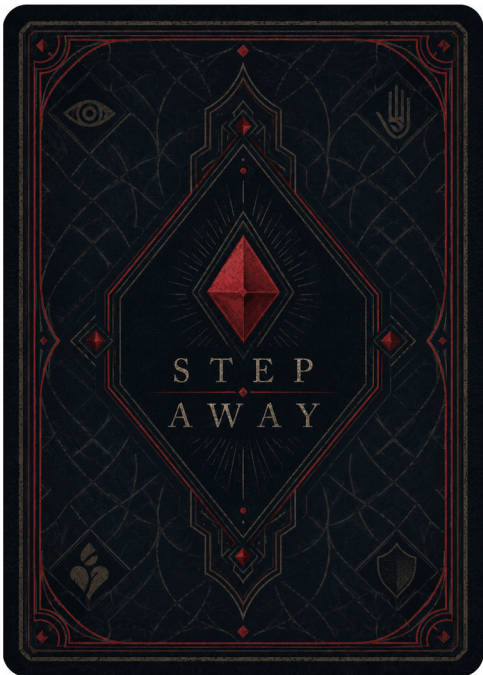
HELPED | MAKE HELP REAL

### Bring Backup

*Help becomes a real option.*

**WHEN PLAYED:**  
Draw up to 1. Put the same number from hand on deck bottom.

**VALUE 10** **DIG 5**



**SINGLE ONLY** **Q**

HELPED | MAKE HELP REAL

### Make It Concrete

*Make the next step concrete.*

**WHEN PLAYED:**  
Draw up to 2. Put the same number from hand on deck bottom.

**VALUE 10** **DIG 5**

**SINGLE ONLY** **K**

HELPED | MAKE HELP REAL

### Team Around Them

*Care becomes structure.*

**WHEN PLAYED:**  
Draw up to 3. Put the same number from hand on deck bottom.

**VALUE 10** **DIG 5**

**SINGLE ONLY** **A**

HELPED | MAKE HELP REAL

### Bridge Built

*Help is a route, not a slogan.*

**WHEN PLAYED:**  
Draw up to 4. Put the same number from hand on deck bottom.

**VALUE 10** **DIG 5**

**SINGLE / WEAVE** **2**

SECURED | PROTECT THE HOUR

### Lower The Noise

*Make the room less sharp.*

**REALITY NOTE:**  
Lowering noise can lower threat without demanding words.

**VALUE 2** **DIG 1**

**WEAVE ONLY** **3**

SECURED | PROTECT THE HOUR

### Shared Space

*Do not leave danger alone with silence.*

**REALITY NOTE:**  
Shared space means danger does not get privacy.

**VALUE 3** **DIG 1**

**SINGLE / WEAVE** **4**

SECURED | PROTECT THE HOUR

### Distance From Harm

*Create space between person and risk.*

**REALITY NOTE:**  
Distance from harm buys time for support to work.

**VALUE 4** **DIG 2**

**SINGLE / WEAVE** **5**

SECURED | PROTECT THE HOUR

### Open Door

*Keep contact breathable and visible.*

**REALITY NOTE:**  
An open door keeps support breathable, not trapped.

**VALUE 5** **DIG 2**

**SINGLE / WEAVE** **6**

SECURED | PROTECT THE HOUR

### Slow The Next Move

*Buy minutes, then more minutes.*

**REALITY NOTE:**  
Buying minutes can be enough to change the next choice.

**VALUE 6** **DIG 2**

**WEAVE ONLY** **7**

SECURED | PROTECT THE HOUR

### Clear The Table

*Reduce the immediate load.*

**REALITY NOTE:**  
Clearing the table can clear pressure from the person.

**VALUE 7** **DIG 3**



SINGLE / WEAVE 8

SECURED | PROTECT THE HOUR

### Ordinary Ground



*Sit, breathe, speak, repeat.*


**REALITY NOTE:**  
Ordinary ground helps when everything feels exceptional.

VALUE 8 DIG 3

SINGLE / WEAVE 9

SECURED | PROTECT THE HOUR

### Awake Together



*The night does not get them alone.*


**REALITY NOTE:**  
Staying awake together can protect the hardest hours.

VALUE 9 DIG 3

SINGLE / WEAVE 10

SECURED | PROTECT THE HOUR

### Emergency Now



*If life is at risk, act.*


**REALITY NOTE:**  
Immediate danger needs immediate action, not perfect wording.

VALUE 10 DIG 5

SINGLE ONLY J

SECURED | PROTECT THE HOUR

### Safer Room



*Change the scene, keep the person.*


**WHEN PLAYED:**  
Move up to 2 from discard/played to deck bottom.

VALUE 10 DIG 5

SINGLE ONLY Q

SECURED | PROTECT THE HOUR

### Safe Hands



*Someone capable takes over with you.*


**WHEN PLAYED:**  
Move up to 3 from discard/played to deck bottom.

VALUE 10 DIG 5

SINGLE ONLY K

SECURED | PROTECT THE HOUR

### Professional Help



*The hand-off becomes protection.*

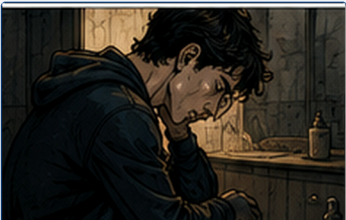
**WHEN PLAYED:**  
Move up to 4 from discard/played to deck bottom.

VALUE 10 DIG 5

SINGLE ONLY A

SECURED | PROTECT THE HOUR

### Life Before Pride



*Embarrassment can wait. Life cannot.*

**WHEN PLAYED:**  
Move up to 5 from discard/played to deck bottom.

VALUE 10 DIG 5

★ REVEAL ONLY ★

JOKER | CASE SHIFT

### Fracture Moment



*The room cracks. The plan does not survive untouched.*

**WHEN REVEALED:**  
Discard all hands, then redraw to hand size. Remove this Joker from the game.

JOKER NO DIG

★ REVEAL ONLY ★

JOKER | CASE SHIFT

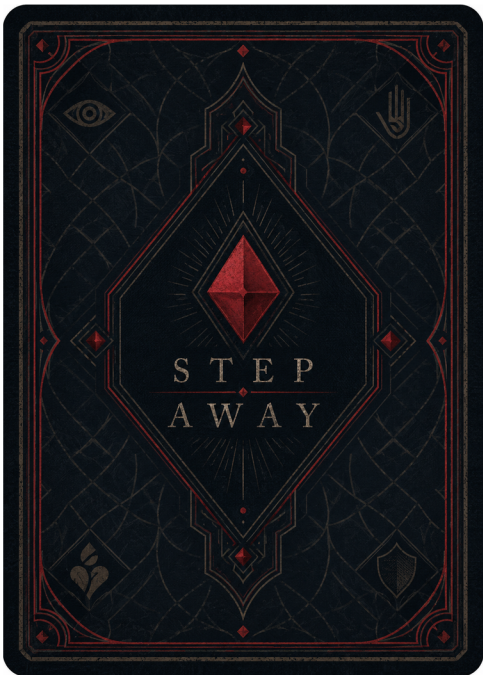
### Resilience



*What was spent is not gone. It comes back within reach.*

**WHEN REVEALED:**  
Put discard/played on top of draw, face down and unshuffled. Remove this Joker.

JOKER NO DIG



REFERENCE

REF

## QUICK START

SOUL FLOW

Choose case, deal hand, then act under the live timer.

### RULE / PURPOSE

1) Read the Moment. 2) DIG physically if needed. 3) Commit Single or one Weave. 4) Watch the live impact emoji. 5) End the Moment for a check-in.

STEP AWAY

REF01

REFERENCE

REF

## DECK MODES

OFFICIAL OR STANDARD

The app works with either the official Step Away deck or a regular poker deck.

### RULE / PURPOSE

Official adds art, titles, cues and printed effects. Standard deck uses the same suits and ranks.

STEP AWAY

REF02

REFERENCE

REF

## PLAYER COUNT

1 TO 4 PLAYERS

1 player: 7 cards, 90 seconds. 2 players: 6 cards, 2 minutes.

### RULE / PURPOSE

3 players: 5 cards, 3 minutes. 4 players: 4 cards, 4 minutes.

STEP AWAY

REF03

REFERENCE

REF

## MOMENT CHECK-IN

HIDDEN METERS

Meters are not live scoreboards.

### RULE / PURPOSE

Progress, Pressure, Presence and Receptivity are mainly revealed at end of Moment. You see the person react first, then understand the numbers.

STEP AWAY

REF04

REFERENCE

REF

## LIVE DIG

DIG AS RISK

DIG while the Moment is live.

### RULE / PURPOSE

Discard to search without growing your hand. Small DIG is efficient. Deep DIG may find the right card, but burns the deck.

STEP AWAY

REF05

REFERENCE

REF

## VALUE RANGES

FIT, NOT FORCE

VALUE is intervention intensity, not raw power.

### RULE / PURPOSE

Each suit has an ideal range. Too low may not reach. Too high may overwhelm. Hitting the range is usually better than smashing the target.

STEP AWAY

REF06

REFERENCE

REF

## INTERVENTIONS

SINGLE OR WEAVE

Single: one card. Weave: two numbered cards.

### RULE / PURPOSE

Only one Weave per Moment. The higher VALUE leads; the other card shapes how it lands. WEAVE ONLY pairs can reveal the meters for the rest of the Moment.

STEP AWAY

REF07

REFERENCE

REF

## FACE CARDS

J Q K A

Face cards are named interventions.

### RULE / PURPOSE

They are VALUE 10, Single Only, and use their printed ability when played. If discarded to DIG, they become DIG 5 and lose the ability.

STEP AWAY

REF08

REFERENCE

REF

## PRESENCE

REACHABLE STATE

Presence shows how reachable the person currently feels.

### RULE / PURPOSE

Presence moves through Gone Quiet, Flickering, Reachable, With You and Anchored. It hints at whether gentle, steady, direct or decisive help may fit.

STEP AWAY

REF09



REFERENCE

REF

## RECEPTIVITY

OVERWHELM / OPEN

The person can become guarded, receptive or overwhelmed.

### RULE / PURPOSE

Balance the help. Repeated under-reaching can lose them. Repeated over-helping can crowd them. Ideal play keeps the person receptive.

STEP AWAY

REF10

REFERENCE

REF

## STANDARD DECK MAP

REGULAR CARDS

Use a normal 52-card deck plus 2 Jokers. Suits map directly to Step Away suits.

### RULE / PURPOSE

Diamonds=Seen. Hearts=Held. Clubs=Helped. Spades=Secured. 2-10 are number VALUE cards. J/Q/K/A are special VALUE cards.

STEP AWAY

REF11

REFERENCE

REF

## OFFICIAL DECK

INFORMED PLAY

The official deck is the same system with clearer moment titles, art, cues and printed effects.

### RULE / PURPOSE

Use it when you want faster reading, stronger theme and better table learning. Standard deck remains playable.

STEP AWAY

REF12

REFERENCE

REF

## SUIT MAP

FOUR MOVES

Seen notices. Held stays. Helped makes help real. Secured protects the hour.

### RULE / PURPOSE

The best card is the one whose suit and intensity fit the Moment. The case changes in response to what you do.

STEP AWAY

REF13

REFERENCE

REF

## CASES

PLAY THE MOMENT

Campaigns are built around case categories, not suits. The case gives the situation.

### RULE / PURPOSE

Quiet Drift, Heavy Load, Frayed Connections, Immediate Edge. Each case is a short chain of Moments.

STEP AWAY

REF14

REFERENCE

REF

## CRISIS

REAL LIFE OVERRIDES

Crisis uses the same suit-target logic, but real danger overrides the game.

### RULE / PURPOSE

If someone is in immediate danger, stop playing and call 999. Samaritans: 116 123.

STEP AWAY

REF15

REFERENCE

REF

## END OF MOMENT

CLOSE CLEANLY

End checks for a Weaved Moment first.

### RULE / PURPOSE

If no Weaved Moment is used, More Time appears for 10 seconds. No button means the Moment ends with no pressure gain. The live timer keeps running during normal DIG and intervention decisions.

STEP AWAY

REF16

REFERENCE

REF

## TABLE SKILL

PHYSICAL DECK

The app tracks the case, not your deck memory.

### RULE / PURPOSE

DIG, discard, deck burn, hand pressure and what you choose to hold remain physical. That is the table skill.

STEP AWAY

REF17

REFERENCE

REF

## ABOUT

WHY THIS EXISTS

Step Away is awareness and rehearsal, not treatment.

### RULE / PURPOSE

It exists because people are lost when rooms normalise distance. The aim is to practise noticing, staying, helping and protecting before silence becomes an exit.

STEP AWAY

REF18

