Are You Locked In?

The LOCKED IN method is a tool developed by CHAOS Foundation to help people prepare for stressful situations, recognize what is happening around them, and identify their next steps after difficult or traumatic experiences.

This method is designed for government professionals, military personnel, first responders, and **at-risk youth** who may face challenging situations at work, at school, at home, or in their communities.

How LOCKED IN Works

L - Locate: Identify where you are and what is happening around you.

O - Observe: Pay attention to what you see, what is changing, and how you are feeling.

C - Center: Take three intentional breaths to pause and refocus when it is safe to do so.

K - Know: Remember your training, your resources, and the people who can help you.

E - Evaluate: Think about the situation and the choices available to you.

D - Decide: Choose the next appropriate step.

I - Initiate: Take action or ask for help when needed.

N - Navigate: Keep moving forward, adjust when necessary, and connect with support.

Why It Matters

Difficult experiences can affect anyone, regardless of age or profession. For at-risk youth, LOCKED IN can encourage awareness, thoughtful decision-making, and help-seeking skills when facing peer pressure, conflict, unsafe situations, or other challenges. For professionals, it offers a simple framework for preparation and recognizing when additional support may be needed before or after a traumatic experience.

The goal is to help individuals pause, recognize what is happening, consider their options, and make informed decisions rather than react without thinking.

LOCKED IN is intended to complement professional training, youth support services, workplace procedures, and qualified mental health care. It does not replace emergency assistance or professional treatment.

Pause. Recognize. Decide. Move with purpose.

LOCKED IN

My readiness & resilience worksheet

CHAOS FOUNDATION

Type in the boxes and save a copy, or print and write by hand. Use a current situation or a practice scenario. Share only what feels safe; no names or detailed trauma description are needed.

Date (optional)

My focus / situation

L - Locate

Where am I, and what is happening around me?

O - Observe

What do I notice? What is changing? How am I feeling?

C - Center

When it is safe, how can I pause and refocus?

K - Know

What training or resources can help? Who can I turn to?

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Date (optional)

My focus / situation

E - Evaluate

What choices are available? What should I consider?

D - Decide

What is my next appropriate step?

I - Initiate

What action will I take, or what help will I ask for?

N - Navigate

How will I adjust, keep moving forward, and connect with support?