My Quick Reset Map

Three ways back to a little more choice. Fill this in while you are calm.

PREPARE

One thing I can do when nothing is on fire:

INTERRUPT

The thing I can actually do when I feel myself getting worked up:

REPAIR

When I have snapped, withdrawn, or said the thing:

MY RETURN LINE

I need 8 minutes. I'll be back at ___.

If I need longer, I will say so instead of disappearing.

MY RETURN LINE

I need 8 minutes. I'll be back at ___.

If I need more time, I will name when I can check back.

If I am not safe, getting somewhere safe comes first.

Cut along the dotted line.

Keep your plan somewhere you will see it: your phone, the fridge, or the visor in your truck.

From Matter Over Mind, Chapter 2.

Coaching and education, not therapy. In crisis, call or text 988.

Know Your Tells

Notice your signs early, before someone else has to point them out.

CHECK WHAT TENDS TO HAPPEN TO YOU

WOUND UP / ON EDGE

- ☐ Body: tight jaw / shoulders
- ☐ Body: shallow breath
- ☐ Mood: irritable / dread
- ☐ Thoughts: replaying the fight
- ☐ What I do: snap / stay busy
- ☐ Other: _____

SHUT DOWN / CHECKED OUT

- ☐ Body: heavy / numb
- ☐ Body: tired even after sleep
- ☐ Mood: flat / ashamed
- ☐ Thoughts: "What is the point?"
- ☐ What I do: scroll / go quiet
- ☐ Other: _____

PUT THEM IN ORDER

My first sign (whisper): _____

My middle sign (talking): _____

My last sign (yelling): _____

MY ONE LINE

When I notice _____

I am heading into _____

The first thing I will do is _____

ASK ONE PERSON WHO KNOWS YOU

"What do you notice in me first when I am stressed?"

_____

Based on Know Your Tells from Matter Over Mind, Chapter 1.

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