The ARC Reset

DATE

Use this in the middle of a fight, a craving, or a wave of shame. It takes about ten minutes. The Setback Reset in Chapter 2 is the longer version.

Body first. One breath tool and one body thing from Chapter 2. You can't be curious while you're flooded.

Accept. Name what's here without arguing with it. “I'm angry.” “I want to disappear.” “I want the thing.” You don't have to like it. It's here.

Respect. Assume the part of you that's loud right now has a good reason. Ask what it's trying to protect you from, and what it's been trying to do for you.

Curious. Don't rush to fix it. Ask when you've felt this before, and where this part learned to feel this way. Give it some time. Then ask what it really needs, and one real way to meet that need today that you'd be proud of and could keep up.

Then do that one thing.

In crisis? Call or text 988.