Your Quick Reset Map

DATE

The map earlier in this chapter is mine. This one is yours. Fill in one tool per row, in your own words, and keep it somewhere you'll see it when things heat up: your phone's lock screen, the fridge, the visor in your truck.

When	What I notice in my body	What I'll reach for
Prepare (every day)		
Interrupt (in the moment)		
Repair (after)		
My phrase for stepping away		

When It's More Than a Book These tools help most people come down faster. But if breathing exercises reliably push you into panic, if you can't come down for hours after a conflict, if repairs keep turning back into the same fight, or if your anger scares you or the people around you, it's time to bring in a professional.