

The Mental Reset

A GUIDED THOUGHT CHECK FOR MOMENTS THAT FEEL OVERWHELMING

START WITH THE SITUATION - NOT YOUR CONCLUSION

What happened?

Describe the observable facts as simply as you can.

What emotion showed up?

Sad, anxious, angry, ashamed, or other

How intense was it?

Rate 0 (none) to 10 (very strong)

What was the first thought that crossed my mind?

Write the words you actually used in your head.

What facts support this thought?

Only what I know for certain.

What facts might I be missing?

Other explanations or details.

Turn the page before deciding what this moment means.

Reset Before You Respond

A BALANCED THOUGHT SHOULD FEEL BELIEVABLE, NOT FORCED

A more balanced thought I can believe

Include what you know and leave room for what you do not know.

NOTICE WHAT IS HAPPENING IN YOUR BODY

- | | |
|---|--|
| ☐ Tight jaw or shoulders | ☐ Restlessness |
| ☐ Racing thoughts | ☐ Heavy or low energy |
| ☐ Tension in my chest | ☐ Urge to withdraw |

CHOOSE ONE WAY TO PAUSE

- | | |
|---|--|
| ☐ Slow, comfortable breathing | ☐ Feel both feet on the floor |
| ☐ Name five things you can see | ☐ Drink water or move briefly |

One response that is within my control

A choice, action, or request - not a prediction.

After a short pause, what changed?

Even a small shift is worth noticing.

If distress is intense, persistent, or affects daily life, consider professional support.