

STEADY RESET

REGAIN CONTROL WHEN EMOTIONS TAKE OVER

PURPOSE: TO HELP YOU ACCESS A STEADIER, CLEARER INNER STATE AKA SELF-ENERGY

01

LOCATE THE PART

ASK: WHERE DO I FEEL THIS IN MY BODY?

place a hand there if comfortable, and say, "I got you."

PAUSE THE ACTION

SAY: SOMETHING IN ME IS ACTIVATED RIGHT NOW

the goal here is to simply notice that a part of you is emotionally activated/overwhelmed/triggered

02

GENTLE SEPARATION

SAY: THIS FEELING IS HERE, BUT I'M MORE THAN THIS REACTION

this helps you unblend from the part

03

INVITE THE SELF

ASK: WHAT CAN I OFFER THIS ACTIVATED PART RIGHT NOW?

curiosity (what are you worried about?),
calm (slow breath, longer exhale),
compassion (you're trying to help me),
clarity (what do you need me to understand?),
care (soothing tone/gesture)

04

CHECK

ASK: AM I SOFTER YET?

see if you're feeling slightly open, a little less rushed, or steadier in your body (try step 4 again if not)

05

TAKE ACTION

ASK: WHAT FEELS RIGHT FROM THIS CALMER PLACE?

decide from a steady self-energy, not a surge or rushed energy

06

REMEMBER:

STRONG REACTIONS ARE NOT THE ENEMY.
THEY ARE SIGNALS.

A STEADY SELF HANDLES THESE SIGNALS EFFECTIVELY.
EMOTIONS ARE A PART OF YOU, NOT THE WHOLE YOU.
CURIOSITY TOWARDS THEM WORKS BETTER THAN CRITICISM.

HOW TO USE THIS GUIDE:

- BEGIN THE SEQUENCE OF STEPS WHEN ANY NOTICEABLE DISTRESS SHOWS UP
- THERE ARE NO RIGHT OR WRONG ANSWERS
- TAKE A DEEP BREATH, AND GO THROUGH THE SHEET STEP BY STEP
- BE OPEN & HONEST ABOUT WHAT COMES UP WHEN YOU READ THROUGH THE STEPS
- DO NOT RUSH
- HAVING A PRINTED SHEET IN FRONT OF YOU USUALLY HELPS
- CHANGE REQUIRES CONSISTENT EFFORT, SO KEEP PRACTICING