

THE 60-SECOND RESET

A quick reset to help you regain emotional stability before responding.



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When you feel triggered by something your husband says or does, this quick reset can help you regain emotional stability before responding.

STEP 1: RECOGNIZE

- Notice your body's signals (tight chest, hot face, etc.)
- Mentally say: "I'm just feeling triggered right now. It's not an emergency"
- Remember: This is your body trying to protect you

STEP 2: BREATHE

- Place one hand on your heart
- Take 3 slow, deep breaths (4 counts in, 6 counts out)
- Feel your feet firmly on the floor
- Drop your shoulders away from your ears

STEP 3: NAME

- Identify what you're feeling: "I feel _____ (one word)"
- Separate fact from thought: "What actually happened was _____"
- Notice the story: "The meaning I'm creating is _____"

STEP 4: CHOOSE

- Ask yourself: "How do I want to feel in our relationship/or about this?"
- Remind yourself: "Their actions are about them, not my worth"
- Choose your response: "I will respond with _____"

WHEN TO USE:

- Before responding to a triggering text
- When you feel yourself about to snap
- During difficult conversations
- When you notice physical tension
- After his comment stings

TIPS:

- Every time you pause instead of react, you build a new neural pathway. You're literally rewiring your brain for peace.
- Practice this reset daily during calm moments so it becomes automatic when you need it most.