

FREE TOOL

YOUR RESET POWER

The Meaning Reaction Tool

ADHD + Trauma Rejection Response

*Why the reaction feels bigger than the moment — and the
six-step reset for when it hits.*

YOURRESETPOWER.COM

BEFORE YOU START

It's Never Just "Overreacting"

People think ADHD and trauma brains get upset because plans change. They don't. If it's a normal plan, there's relief — there was no wish to go anyway.

What hurts is when the plan actually meant something. When it wasn't just a plan — it was a moment that mattered. A moment that said, "You're important. I'm showing up."

When someone doesn't show up for something meaningful, the brain doesn't register disappointment. It registers rejection. Because the brain goes straight to: *"If I mattered, they would've been there."*

That reaction is protection, not overreaction. Every time something meaningful wasn't honoured before, it hurt. So the brain reacts fast now — sharp, immediate — trying to stop you walking back into the same kind of hurt.

It's not drama. It's the system recognising the meaning behind the moment, and refusing to pretend it was small.

You don't attach to the event.

You attach to the meaning. So when the meaning isn't honoured, it feels like you weren't honoured.

This tool has six steps.

Work through them in order, right after the spike hits — or any time you want to understand a reaction after the fact.

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01

Name What Happened

One sentence. Just the event.

Not what it meant yet — just what happened, as plainly as you'd tell a stranger. No interpretation. No conclusion. Just the fact.

PROMPT

What actually happened

02

Name What It Meant

Not the plan. The meaning.

What was this moment supposed to say about you, or to you? What did it represent that made it matter more than the logistics of it?

PROMPT

What the moment meant

03

Name The Conclusion

The automatic thought — said exactly, not softened.

Every rejection spike carries a sentence underneath it. Something like "I don't matter" or "they were never really there." Naming it exactly takes some of its power away.

PROMPT

The automatic conclusion

04

Know Why

The brain reacts to history, not the moment in front of you.

ADHD and trauma both wire the nervous system for rapid pattern-matching on emotional meaning. When a past moment mattered and wasn't honoured, that gets logged as a threat pattern — not a single bad memory, but a template.

The next time something carrying the same meaning goes unhonoured, the brain doesn't pause to evaluate this situation on its own terms. It matches the pattern and fires the same protective response it used last time: sharp, immediate, and disproportionate to the size of the actual event.

WHY THIS HELPS TO KNOW

This isn't a flaw in your thinking

It's a nervous system doing exactly what it was trained to do — try to catch the danger before it lands again. The reaction feels bigger than the trigger because it isn't about this one moment. It's every unhonoured moment before it, arriving at once.

05

The Reset

Say this, in your head or out loud.

This hurt because it mattered.

My reaction makes sense.

This is about the meaning, not the plan.

My brain is reacting to my history, not this moment.

I'm not being rejected. I'm having a meaning reaction.

06

Pick One

You don't have to fix the feeling right now. You just have to know what it is.

Choose one action. That's the whole step — not a resolution, just a next move.

Distance	Clarity
Comfort	Nothing
Stop Replaying	Remind Myself What Happened

QUICK REFERENCE

The Reset On One Page

For the moments you don't have it in you to work through the full six steps. Read this instead. That's a real, complete use of this tool.

Something meaningful just wasn't honoured

This hurt because it mattered. My reaction makes sense.

It feels personal, like proof you don't matter

This is about the meaning, not the plan.

The reaction feels too big for the moment

My brain is reacting to my history, not this moment.

The spike says "I'm being rejected"

I'm not being rejected. I'm having a meaning reaction.

You don't know what to do next

Pick one: distance, clarity, comfort, nothing, stop replaying, or remind yourself what happened.

Pick one line. Just one. That's a real, complete reset for right now.

AUDIO COMPANION

Play It When The Spike Hits

A short spoken version of the reset, for when reading feels like too much. No need to work through the worksheet first — just press play.

INCLUDED WITH THIS DOWNLOAD

Meaning-Reaction-Tool-Audio-Companion.mp3

A 90-second grounding track, straight through the reset from Step 05.

WHERE TO GO NEXT

You Don't Have To Reset Alone

If you want somewhere to land after this, that's what The RESET Room is for.

THE RESET ROOM

Not a comfort zone. A way through it.

Monthly tools for the loop you get stuck in — the spike, the shame after, everything in between. No performance. No explaining the reaction here.

You don't owe anyone a calm reaction to be here. You just get better at handling it, not just naming it.

ko-fi.com/yourresetpower · £5/month

Come find me there. Bring the spike with you.

And if what you're feeling underneath this runs deeper than a single reaction — a therapist, an ADHD-informed GP, or a trauma-informed counsellor can help in ways a guide like this can't. Reaching out isn't a failure of the tools. It's just another real tool.

The real reaction was never an overreaction.

It's the meaning underneath it, *finally being taken
seriously.*

You're not being rejected. You're having a meaning
reaction.

YOUR RESET POWER