

YOUR RESET POWER · RESET CARDS

RSD

When one comment wrecks your day

Six cards for the moment it's hardest to think. Each one has one big line to read when your head is too loud, and one small thing to do. That's all. No homework.

Print the next page, cut along the dotted lines, and keep the ones you need where you'll see them: by the bed, on the fridge, in your bag, in your phone case.

This pack is one of eight. The full set of 48 is at yourresetpower.com.

Bring the mess with you.

Jeanette

YOURRESETPOWER.COM

These cards aren't medical advice or a crisis service. If something is happening a lot, talk to a doctor. If anyone is in danger, call your emergency number.

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RSD

The feeling is real. The story might not be.

They said "ok." and your brain wrote the whole ending. Let yourself feel it. Then ask: what do I actually know for sure?

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A short reply is usually a busy person.

People are tired, distracted, on the school run. A one-word text is almost never a verdict on you.

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Wait an hour before you reply.

Don't apologise, explain or defend while the spike is at its worst. Let it settle, then decide if anything needs saying at all.

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Put the evidence back.

Write down three times this person showed they like you. RSD deletes the evidence. Put it back where you can see it.

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Ask instead of guessing.

"Did I upset you, or are you just busy?" One question can save you a whole night of replaying.

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Feeling it more isn't being weak.

You feel it hard because you care hard. That's not a flaw to fix. It's something to protect.

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