

YOUR RESET POWER · RESET CARDS

Rage

When the rage hits

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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RAGE

It's arrived before I have.

Say it, out loud or in your head: "This is rage." Naming it gives your thinking brain something to hold. You don't have to fix anything yet.

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Cold first. Talk later.

Cold water on your face for 30 seconds, or hands under the cold tap and cold on your wrists. It can help your body come down before you say anything.

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"I need ten minutes. I'm coming back."

Say exactly that, then go. Walking away isn't running away. Saying you're coming back stops it feeling like abandonment, for them and for you.

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Write it. Don't send it.

Type the whole furious message into your notes, not the chat. Every word. Read it tomorrow. If it still needs saying, you'll say it better.

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RAGE

Is this about the thing, or about 5pm?

Hungry? Tired? Meds wearing off? Too much noise all day? Rage lands on whatever's in front of you. Eat something before you decide anything.

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"I lost it earlier. That wasn't fair on you."

Then "I'm sorry." That's it. A long apology ends with them comforting you. Say it, mean it, let them answer.

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