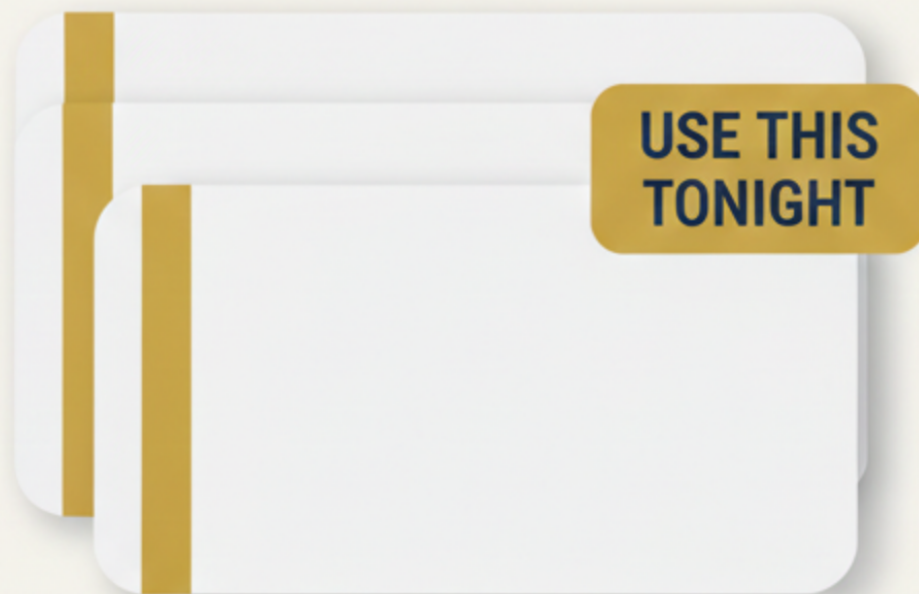


THE UNBROKEN MAN

NIGHT RESET PACK

TEXT EDITION

5–10 Minute Emergency Protocols for
Anxiety • Overthinking • Loneliness • Sleep



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How to Use

How to Use This Night Reset Pack

Nights can turn into a mental courtroom. This pack is built for one purpose: to get you out of the spiral and back into your body - fast.

Use it like this:

- Pick the protocol that matches what you're feeling.
- Do the steps in order.
- Don't aim for perfect - aim for steady.

Important: This is not medical advice. If you feel unsafe or in crisis, contact local emergency services.

Your goal at night
Not "solve your life."

Your real goal
Reduce pressure so sleep has a chance.

Use this pack tonight if needed:

Overthinking, panic, loneliness, shame, anger, triggering texts, risky weekends, cravings, or rough mornings after bad sleep.

Night Rules

The Night Rules (Read This Once)

At night, your nervous system is tired. Your mind will exaggerate. You will feel more alone, more ashamed, more hopeless than you actually are.

RULE 1: No life decisions after 9 PM.

No big talks. No ultimatums. No "final texts." Decide in the morning.

RULE 2: No texting your ex while activated.

If you feel urgency, it is not truth - it is activation.

RULE 3: Regulate first. Think later.

Body -> breath -> grounding -> then writing.

RULE 4: Reduce inputs.

Phone away. Screens down. No doom scrolling in bed.

RULE 5: One small action beats a perfect plan.

A short protocol + a glass of water + one clean page = progress.

**Say this out loud:
NOT TONIGHT. TONIGHT I REST.**

Protocols

Protocol 1: The Overthinking Loop Breaker (10 Minutes)

WHEN TO USE replaying the marriage, the divorce, 'what if...', mental loops

GOAL stop the loop and downshift your system

STEP-BY-STEP

Step 1 - Name the loop (30 seconds)

Say: "This is looping."

Step 2 - Write the thought (1 minute)

I keep thinking: _____

Step 3 - Find the fear underneath (2 minutes)

If this were true, I'm afraid that _____.

Step 4 - Reality anchor (1 minute)

Write one sentence: "Right now, in this moment, I am safe enough."

Step 5 - Replace analysis with action (3 minutes)

Do one immediately:

- drink water + wash your face
- stretch jaw/shoulders
- slow walk inside your home
- reset one surface (nightstand, sink, desk)

Step 6 - 90-second emotion allowance (90 seconds)

Timer on. Breathe slow. Feel it without narrating.

Step 7 - One next step (1 minute)

The next right step is _____.

If it gets worse...

Do Protocol 2 next.

I DON'T NEED ANSWERS TONIGHT. I NEED REST.

Protocols

Protocol 2: Panic / Anxiety Reset (8-10 Minutes)

WHEN TO USE tight chest, racing mind, dread, shaking

GOAL bring your body out of fight-or-flight

STEP-BY-STEP

Step 1 - Cold reset (30 seconds)

Cold water on face or hold something cold.

Step 2 - Long-exhale breathing (3 minutes)

Inhale 4 / hold 2 / exhale 6 (repeat 8 times).

Step 3 - Grounding (2 minutes)

Name out loud:

5 things you see

4 things you feel

3 things you hear

2 things you smell

1 thing you taste

Step 4 - Muscle release (2 minutes)

Tense fists 5 sec -> release 10 sec (x3)

Tense shoulders 5 sec -> release 10 sec (x3)

Step 5 - Anchor statement (1 minute)

Hand on chest: "I am safe enough in this moment."

If it gets worse...

Sit upright in a lit room and repeat Step 2.

THIS IS A WAVE. WAVES PASS.

Protocols

Protocol 3: Lonely Nights Rescue (10-12 Minutes)

WHEN TO USE empty house, feeling unwanted, urge to text your ex

GOAL shift from isolation to connection without drama

STEP-BY-STEP

Step 1 - Reality check (30 seconds)

Say: "Loneliness is not a verdict. It is a signal."

Step 2 - 2-minute body move (2 minutes)

Stand. Walk slowly. Roll shoulders. Long exhales.

Step 3 - Micro-connection (2 minutes)

Text one person: "Rough night. Can we talk tomorrow?"

Step 4 - Public-space substitute (3 minutes)

If it is too late to go out:

- turn on a soft light
- play low background sound (rain/cafe)
- sit in a chair (not bed) for 3 minutes

Step 5 - Write what you actually need (3 minutes)

What I need tonight is _____.

One small way I can give that to myself is _____.

If it gets worse...

Schedule a real check-in for tomorrow morning.

CONNECTION IS MEDICINE. I TAKE ONE SMALL DOSE.

Protocols

Protocol 4: Shame Spiral Stopper (10 Minutes)

WHEN TO USE "I failed," "I'm broken," "I ruined everything."

GOAL separate facts from self-attack

STEP-BY-STEP

Step 1 - Write the shame story (1 minute)

The story I'm telling myself is _____.

Step 2 - Convert to facts (3 minutes)

Write 5 clean facts (no insults).

Step 3 - Believable replacement (2 minutes)

I'm not starting from zero. I'm starting from experience.

Step 4 - One dignity action (4 minutes)

Shower, clean shirt, set clothes for tomorrow, reset your nightstand, brush teeth. Dignity breaks shame.

If it gets worse...

Switch to Protocol 2 if your body feels activated or panicky.

SHAME IS A VERDICT I DON'T ACCEPT.

Protocols

Protocol 5: Anger Downshift (10 Minutes)

WHEN TO USE rage, bitterness, urge to send a harsh message

GOAL discharge anger + set a clean boundary

STEP-BY-STEP

Step 1 - Lock the phone (30 seconds)

Say: "No messages while activated."

Step 2 - Physical discharge (3 minutes)

Wall push-ups / squats / brisk walk inside. Exhale loudly.

Step 3 - Translate anger (4 minutes)

I'm angry because _____.

Under that, I'm hurt about _____.

What I need to protect is _____.

Step 4 - Boundary sentence (2 minutes)

From now on, I will not _____.

If it gets worse...

Do Protocol 6 before replying to any message.

ANGER IS INFORMATION. I USE IT - THEN I LEAD.

Sleep Bridge

The 12-Min Sleep Bridge (Do This in Order)

Goal: activated -> calm enough for sleep

1) Water (30 sec)

Drink a glass of water.

2) Exhale breathing (3 min)

Inhale 4 / hold 2 / exhale 6.

3) Jaw + shoulders release (2 min)

Unclench jaw. Drop shoulders. Long exhale.

4) Write 5 lines (3 min)

Start with: "Right now I feel..."

5) Downshift phrase (1 min)

Say: "Not tonight. Tonight I rest."

6) Light stretch (2 min)

Keep it easy. No intense exercise.

If sleep doesn't come: repeat steps 2-4 once. No scrolling.

One sentence to repeat
NOT TONIGHT. TONIGHT I REST.

Protocols

Protocol 6: After a Triggering Text (Don't Send That Message) (10 Minutes)

GOAL stop the reaction cycle and protect your dignity

STEP-BY-STEP

Step 1 - Phone down (30 seconds)

Put the phone face down. Stand up.

Step 2 - 6 long exhales (1 minute)

Slow exhale. Longer than inhale.

Step 3 - Name the trigger (1 minute)

This message triggered: anger / fear / shame / hope / grief.

Step 4 - Write the first draft (3 minutes)

Write what you WANT to say. No filter. Do not send.

Step 5 - Convert to a clean response (3 minutes)

Choose one clean option:

- A) I'll respond tomorrow.
- B) I'll keep communication logistics-only.
- C) Please resend calmly with logistics only.

Step 6 - Send only if calm (1 minute)

If you still feel charged: do not send tonight.

If it gets worse...

Save draft. Decide in the morning.

URGENCY IS ACTIVATION. I RESPOND FROM CALM.

Protocols

Protocol 7: Weekend Night Structure (Friday/Saturday Plan) (10 Minutes to Set Up)

GOAL remove empty space that fuels spirals

STEP-BY-STEP

Step 1 - Choose your 'Third Place' (1 minute)
 Gym, cafe, library, park, bookstore.

Step 2 - Plan a 2-hour block (3 minutes)
 Friday or Saturday:
 location: _____
 time: _____
 activity: _____

Step 3 - No Isolation After 7 PM rule (1 minute)
 If you feel yourself slipping, you go to: shower / walk / public place.

Step 4 - Replace the old ritual (3 minutes)
 Old ritual (what you used to do): _____
 New ritual (what you do now): _____

Step 5 - Micro-connection scheduled (2 minutes)
 Schedule one call/check-in for Saturday or Sunday morning.

If it gets worse...
 Use Protocol 3 if loneliness spikes.

WEEKENDS NEED STRUCTURE. I LEAD MYSELF.

Protocols

Protocol 8: Holiday / Anniversary Night Plan (Emotional Landmines)

[Empty rounded rectangular box]

GOAL reduce emotional shock with a before-during-after plan

STEP-BY-STEP

Step 1 - BEFORE (5 minutes)
 My hardest time window is: _____
 My support contact is: _____
 My exit plan is: _____

Step 2 - DURING - choose 2
 movement (walk/gym)
 public place (even 20 minutes)
 one real meal
 one call/text to a safe person
 a calming ritual (music, candle, prayer)

Step 3 - AFTER - tomorrow morning plan
 wake time window: _____
 morning reset: Protocol 10
 one healthy reward: _____

If it gets worse...
Go back to Protocol 2 or Protocol 3 and shorten the night.

A HARD DAY DOESN'T GET TO REWRITE MY WHOLE LIFE.

Protocols

Protocol 9: The No-Alcohol Night Rule (Craving + Substitute) (8-10 Minutes)

GOAL protect sleep + stop regret loops

STEP-BY-STEP

Step 1 - Truth (read this first)

Alcohol often feels like relief - but it sabotages sleep and increases anxiety later.

Step 2 - Delay (2 minutes)

Set a timer for 2 minutes. Tell yourself: 'I can decide after the timer.'

Step 3 - Replace the sensation (3 minutes)

Pick one:

- hot shower
- hot tea / sparkling water
- a slow walk
- push-ups + long exhales

Step 4 - Feed the body (2 minutes)

If you haven't eaten: protein + something simple.

Step 5 - Write the craving (2 minutes)

I want to drink because _____.

What I actually need is _____.

Step 6 - Choose your line (30 seconds)

Tonight I choose rest over numb.

If it gets worse...

Drink water, eat something, and restart Step 2.

I DON'T NUMB MY FUTURE.

Protocols

Protocol 10: Morning Reset After Bad Sleep (15 Minutes)

GOAL prevent a bad night from becoming a bad day

STEP-BY-STEP

Step 1 - Light + water (2 minutes)
Open blinds. Drink water.

Step 2 - 5-minute walk (5 minutes)
Outside if possible. No phone.

Step 3 - Truth page (5 minutes)
What made last night hard was _____.
Today I will keep it simple by _____.
One win I can get today is _____.

Step 4 - One stabilizing action (3 minutes)
Shower, clean clothes, real breakfast, or schedule one call.

If it gets worse...
Repeat Step 2 and pick one task only for your first hour.

A BAD NIGHT IS NOT A BAD LIFE.

Emergency Plan

Emergency 72-Hour Night Plan (Do This for 3 Nights)

For the next three nights, follow this exactly.

Night Minimums

Phone away from bed

One protocol (10 minutes)

One connection message scheduled for tomorrow

Lights out within a consistent window

If you want to text your ex

Wait 10 minutes -> Protocol 6 -> decide in the morning.

If you feel panic

Protocol 2 + sit upright in a lit room.

Morning minimum

Protocol 10 (15 minutes). No exceptions.

Focus: stabilize the next 72 hours, not the next 72 days.

Tracker

7-Day Night Tracker

Track 1 week. Circle the day and keep it honest.

Day 1 2 3 4 5 6 7

Night reset completed: YES / NO

Phone away from bed: YES / NO

No doom scrolling: YES / NO

Movement today: YES / NO

Real meal today: YES / NO

Sleep quality (0-10): _____ Peace level (0-10): _____

One win (even small): _____

One improvement tomorrow: _____

Day	Reset	Phone Away	No Scroll	Sleep 0-10	One Win
1					
2					
3					
4					
5					
6					
7					

Quick Cards

Quick Cards (One-Page Cheat Sheet)

Use this page when your brain is tired. Pick the line that matches the problem and start there.

OVERTHINKING

Name loop -> write fear -> 90 sec feel -> one next step

PANIC

cold reset -> long exhales -> grounding -> anchor statement

LONELINESS

body move -> text one person -> public-space substitute -> write need

SHAME

facts not verdicts -> dignity action -> one believable belief

ANGER

no messages -> discharge -> translate -> boundary sentence

TRIGGERING TEXT

phone down -> long exhales -> write unsent draft -> clean response tomorrow

WEEKENDS

schedule third place -> replace old ritual -> morning connection

HOLIDAYS

before-during-after plan -> movement + connection

NO ALCOHOL

delay -> replace sensation -> feed body -> write need

BAD SLEEP MORNING

light + water -> walk -> truth page -> one stabilizing action

Repeat: NOT TONIGHT. TONIGHT I REST.

Closing

Closing Reminder

Hard nights don't mean you're failing.
They mean your system is healing.

**Steady beats perfect.
You are Unbroken.**

Keep this pack where you can reach it fast: nightstand, desk, or printed in a folder.

Use one protocol. Protect your sleep. Repeat tomorrow.