For Grown Folks

Doodle Don't Do™

OVERWHELMED

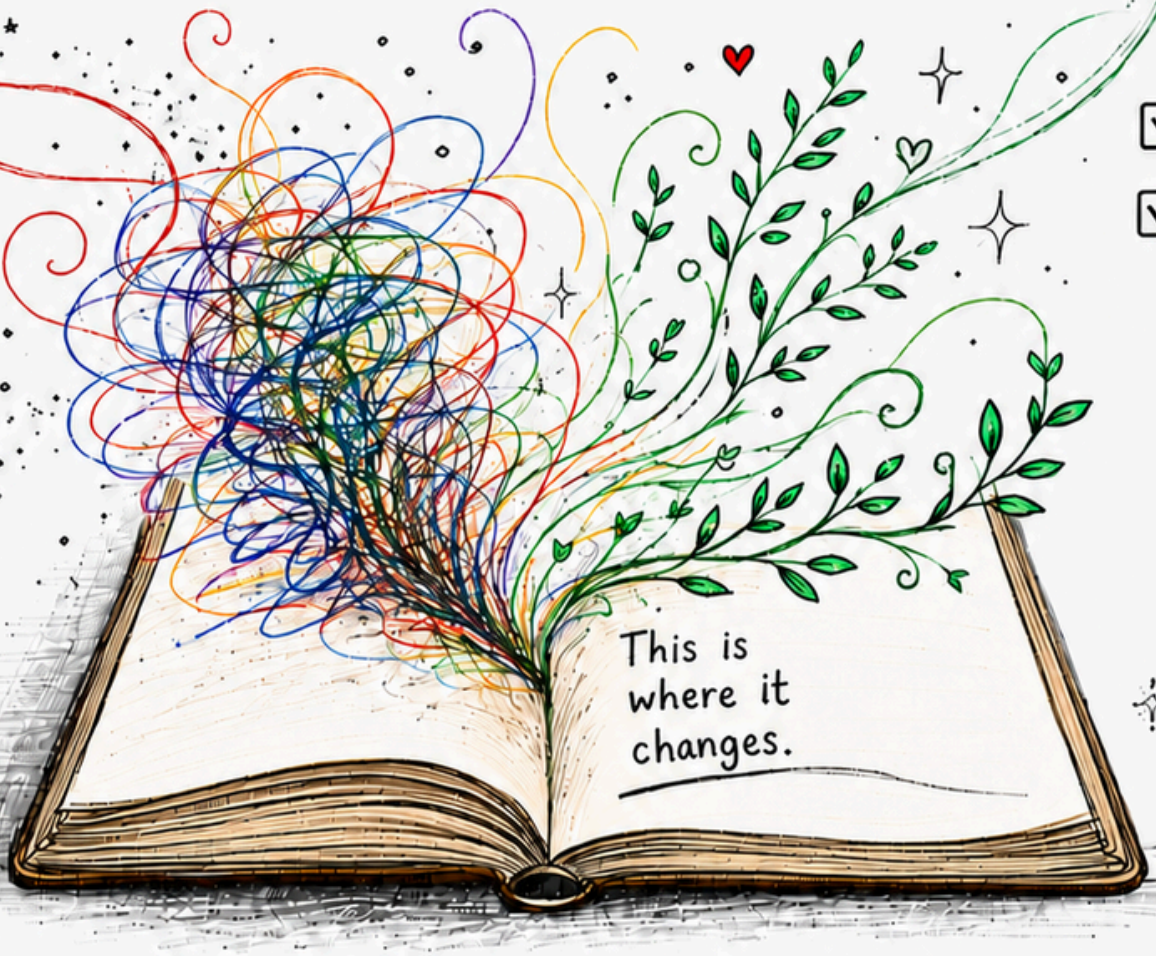
REPLAYING

TOO MUCH

Don't send. Don't snap. Doodle that.

☑ PAUSE.

☑ PROCESS.



Redirect before you respond, reply or react.

PAUSE IS A POWER MOVE

I CHOOSE HOW I RESPOND.

STARTER

Doodle Don't Do™ is not therapy, crisis care, medical advice, legal advice, or a replacement for professional support. Nor is it intended to treat, diagnose or cure any ailments, illnesses or disease.

If your distress feels too big to manage, your safety is at risk, or you need support beyond what a workbook can provide, please reach out to a qualified mental health professional, trusted support person, local emergency service, or crisis support resource in your area.

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Don't send. ♥ Don't snap. ♥ Doodle that.

Table of contents

find the page you need right now.

- [ ] Welcome Page 1
- [ ] Which Page Do I Need 2
- [ ] What This Pad Is For 3
- [ ] What This Is Not 4–5
- [ ] How to Use This Without Making It a Whole Thing 6–7
- [ ] Emotional Spill 8–9
- [ ] The Feeling Is Too Loud 10
- [ ] Burn It Here 11
- [ ] Anger Has Receipts 12–13
- [ ] Name The Mess 14
- [ ] Safe Outlet Menu 15
- [ ] The Guilt Trip Has Been Cancelled 16
- [ ] Is This Is A Problem On Loop 17
- [ ] I Need Space, Not War 18–19
- [ ] The Blackout Days 20–21
- [ ] I Feel Distant 22
- [ ] The Thought Has Too Much Freedom 23
- [ ] Care Counts 24–25
- [ ] Not Forever 26–27
- [ ] Reset 28–29
- [ ] Final Note 30

No rules. Just real life.

use what you need. skip what you don't.

one page at a time.

come back anytime

Don't send. Don't snap. Doodle that.

A page before the reaction. –

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WELCOME TO

Doodle Don't Do™

FOR GROWN FOLKS



This is your emotional reset pad. A place to put the feeling before it turns into spiraling, snapping, shutting down, overexplaining, people-pleasing, guilt, or emotional exhaustion.

You do not have to carry the whole thing at once.



PUT IT HERE FIRST.

Don't send. ♥ Don't snap. ♥ Doodle that.

MENU

PICK ONE

YOU FIRST

RELIEF

WHICH PAGE DO I NEED?

Use this page when you need help finding the right kind of relief.

WHAT DO I NEED MOST RIGHT NOW?

- ☐ TO RELEASE
- ☐ TO SORT
- ☐ TO CALM DOWN
- ☐ TO TELL THE TRUTH
- ☐ TO PROTECT MY SPACE
- ☐ TO RESET

















→ Choose one. Do not overthink it. ←

WHAT FEELS TRUE?

- ○ angry
- ○ overwhelmed
- ○ spinning
- ○ tired
- ○ holding it in
- ○ disconnected





You are not too much. You are holding too much. ♡

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WHAT THIS PAD IS FOR

1. Scribble the stress.



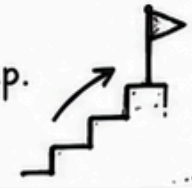
2. Sort the feeling.



3. Release what you can.



4. Choose one next step.



A thought can be **loud** without being in charge.

This page can hold what your body is tired of carrying.

PUT THE FEELING SOMEWHERE FIRST

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THE FUTURE ME IS PANICKING

WHAT THIS BOOK IS NOT

A little pressure off the process.

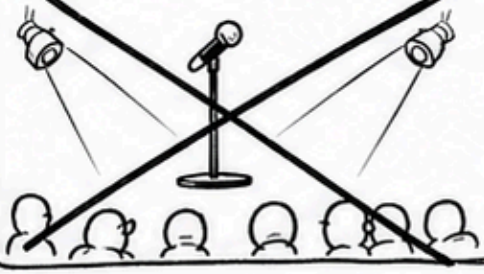
Not homework.



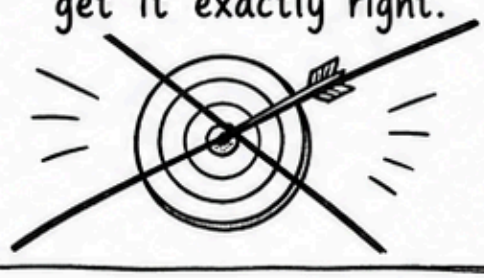
Not a test.



Not a performance.

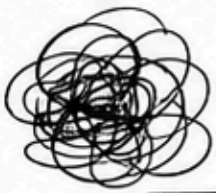


Not a place to get it exactly right.



This book is not asking you to be neat, deep, healed, or inspiring. It is not grading your feelings. It is not here to make you explain yourself perfectly.

What I need less pressure about:



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What is allowed here

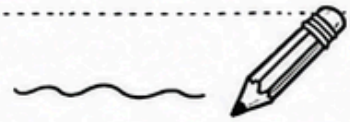
- [ ] start messy



- [ ] skip around



- [ ] write one line and stop



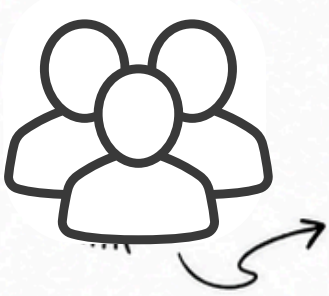
- [ ] repeat the same page



- [ ] cross things out if they change



You can use this book badly
and it can still help.



You do not have to:

→ finish every page
→ have the right words
→ feel better on command

Messy still counts.



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THE FUTURE ME IS PANICKING

HOW TO USE THIS WITHOUT MAKING IT A WHOLE THING

Use it like a reset, not a project.

- [ ] 1. Pick a page.
- [ ] 2. Put the feeling down.
- [ ] 3. Sort what fits.
- [ ] 4. Choose one next move.
- [ ] 5. Close the book and go live your life.



Fast is fine.



Ugly pages still work.



You do not need a full explanation.

What usually happens when I overcomplicate things?

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Keep it simple



Do not wait for the perfect mood.



Do not force a neat answer.



Do not stay longer than the page helps.



Do not turn a five-minute reset into a three-hour self-analysis event.

Best-case outcome



You feel a little clearer, a little less full, and a little less likely to react from the sharpest part of the feeling.

This is a quick reset tool, not another thing to perform.



Use the page. Not your whole afternoon.

EMOTIONAL SPILL

When everything in you needs somewhere to go.



SPILL IT HERE

HOW I'M CHECKING IN RIGHT NOW: (Circle or check one)

☐ MAD ☐ SAD ☐ STRESSED ☐ NUMB ☐ OVERLOADED ☐ OTHER

Let it out before it leaks sideways.

EMOTIONAL SPILL™

Notice it. Name it. Let it out.

WHAT'S SPILLING OUT RIGHT NOW?

(What's really going on?)

- _____
- _____
- _____
- _____
- _____

WHERE DID IT COME FROM?

(The root, the trigger, the story.)

- _____
- _____
- _____
- _____
- _____

WHAT AM I FEELING?

(Check all that apply.)

- ☐ Overwhelmed
- ☐ Anxious
- ☐ Sad
- ☐ Angry
- ☐ Lonely
- ☐ Frustrated
- ☐ Guilty
- ☐ Hopeless
- ☐ Tired
- ☐ Other: _____



WHAT'S THE VOLUME OF THIS SPILL?

(Rate 1–10)

1 2 3 4 5

6 7 8 9 10

Barely a drip *Overflowing*

HOW IS THIS SPILL SHOWING UP IN ME?

(Check all that apply.)

- ☐ Tight chest
- ☐ Upset stomach
- ☐ Headache
- ☐ Can't focus
- ☐ Irritable
- ☐ Want to cry
- ☐ Low energy
- ☐ Other: _____

THE TRUTH CHECK:

(What's the real issue here?)

_____

_____

_____

_____

_____

WHAT DO I NEED RIGHT NOW?

(Be honest.)

_____

_____

_____

_____

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TOO LOUD

MAX

When everything hits too hard... or nothing seems to land at all.

1. VOLUME CHECK

Where is the volume right now?

CALM — MAXED OUT

2. WHAT IS LOUD RIGHT NOW?

(Check all that apply.)

- ☐ THOUGHTS
- ☐ FEELINGS
- ☐ NOISE
- ☐ PEOPLE
- ☐ PRESSURE
- ☐ EXPECTATIONS
- ☐ MEMORIES
- ☐ EVERYTHING

3. WHAT DOES TOO LOUD MAKE ME WANT TO DO?

(Check what shows up most.)

- ☐ CRY
- ☐ YELL
- ☐ HIDE
- ☐ LEAVE
- ☐ SHUT DOWN
- ☐ SCROLL
- ☐ SNAP

4. WHAT HELPS TURN THE VOLUME DOWN A LITTLE?

(Check what helps. Add your own.)

- ☐ HEADPHONES
- ☐ MUSIC
- ☐ DEEP BREATHS
- ☐ DRAW
- ☐ COZY SPACE
- ☐ TALK TO SOMEONE
- ☐ OTHER: _____

5. SKETCH THE OVERLOAD.

Draw what "too loud" looks or feels like right now.

LOUD DOESN'T LAST FOREVER.

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BURN IT HERE™

You don't have to carry it. Write it. Burn it.

WHAT'S HEAVY RIGHT NOW?

(What's really going on?)

- _____
- _____
- _____
- _____
- _____

WHERE DID IT COME FROM?

(The root, the trigger, the story.)

- _____
- _____
- _____
- _____
- _____

WHAT AM I READY TO BURN?

(Check all that apply. Add your own.)

- ☐ Overthinking
- ☐ Regret
- ☐ Guilt
- ☐ Shame
- ☐ Anger
- ☐ Fear
- ☐ Someone else's drama
- ☐ What ifs
- ☐ The past
- ☐ Expectations
- ☐ Other: _____



HOW DOES THIS WEIGH ON ME?

(Check all that apply.)

- ☐ Mentally
- ☐ Emotionally
- ☐ Physically
- ☐ Spiritually
- ☐ Exhausting
- ☐ All of the above
- ☐ Other:

THE TRUTH CHECK:

(What's the real issue here?)

_____

_____

_____

_____

_____

WHAT WILL I CHOOSE INSTEAD?

(A better way forward.)

_____

_____

_____

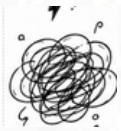
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ANGER HAS RECEIPTS™



It's trying to show you something. Let's read it.

WHAT'S TRIGGERING MY ANGER RIGHT NOW?

(What just happened?)

- _____
- _____
- _____
- _____
- _____



WHERE DID THIS COME FROM?

(The root, the trigger, the story.)

- _____
- _____
- _____
- _____
- _____



WHAT IS ANGER TRYING TO TELL ME?

(Check all that apply.)

- ☐ My boundaries were crossed
- ☐ I felt disrespected
- ☐ I was treated unfairly
- ☐ I felt ignored or unseen
- ☐ Something important to me was threatened
- ☐ I need a change
- ☐ I'm carrying old hurt
- ☐ Other: _____



HOW DOES THIS SHOW UP IN MY BODY?

(Check all that apply.)

- ☐ Tight chest
- ☐ Clenched jaw
- ☐ Racing heart
- ☐ Hot / flushed
- ☐ Tense shoulders
- ☐ Headache
- ☐ Stomach upset
- ☐ Other: ____



THE TRUTH CHECK:

(What's really going on?)

_____

_____

_____

_____

_____

_____



WHAT DO I REALLY NEED?

(Underneath the anger.)

_____

_____

_____

_____

_____

_____



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ANGER HAS RECEIPTS™

Validate it. Learn from it. Let it go.

TODAY, I VALIDATE MY ANGER.

(It's allowed. It has a reason.)



WHAT I'M DONE CARRYING:

(Release it.)

-
-
-
-



WHAT I CAN'T CONTROL:

(Let it go.)

-
-
-
-



WHAT I CHOOSE INSTEAD:

(Pick something better.)

-
-
-
-



I RELEASE IT HERE.

(Write it. Crumple it. Let it go.)



WHAT I'M KEEPING:

(The lesson, the boundary, the power.)

-
-
-



MY BOUNDARY OR COMMITMENT:

(What I won't tolerate. What I will do.)

-
-
-



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NAME THE MESS™

You can't clean what you won't name.

WHAT'S FEELING MESSY RIGHT NOW?

(What's really going on?)

- _____
- _____
- _____
- _____
- _____

WHERE DID THIS MESS COME FROM?

(The root, the trigger, the story.)

- _____
- _____
- _____
- _____
- _____

HOW WOULD I NAME THIS MESS?

(Be honest. Get specific.)



WHAT'S IN THE MIX?

(Check all that apply.)

- ☐ Overthinking
- ☐ Too much on my plate
- ☐ Unfinished business
- ☐ Emotions I haven't felt
- ☐ People-pleasing
- ☐ Comparison
- ☐ Fear / Doubt
- ☐ Perfectionism
- ☐ Lack of boundaries
- ☐ Other: _____

HOW DOES THIS MESS MAKE ME FEEL?

(Check all that apply.)

- ☐ Anxious
- ☐ Overwhelmed
- ☐ Stuck
- ☐ Irritable
- ☐ Tired
- ☐ Heavy
- ☐ Discouraged
- ☐ Other: _____

THE TRUTH CHECK:

(What's the real issue here?)

_____

_____

_____

_____

_____

WHAT WOULD MAKE THIS LIGHTER?

(First small step.)

_____

_____

_____

_____

_____

Doodle Don't Do™

SAFE OUTLET MENU

When the feeling is big, choose a safer place for it to go.

5. SAFE OUTLET MENU — PICK WHAT FITS.

MOVE IT
(Get the energy out.)

- PACE
- SHAKE IT OUT
- WALL PUSH
- GO OUTSIDE
- JUMP / DANCE
- OTHER: _____

WRITE IT
(Put it on paper, not on people.)

- DOODLE / DRAW
- VOICE NOTE (NOT SENT)
- WRITE A DRAFT
- UNSENT LETTER
- JOURNAL / BRAIN DUMP
- OTHER: _____

COOL IT DOWN
(Lower the heat.)

- COLD WATER / SPLASH
- HOLD ICE
- LISTEN TO MUSIC
- GO TO A QUIET SPOT
- TAKE 5 MINUTES
- OTHER: _____

SAY IT SAFELY
(Get it out without damage.)

- TALK TO YOURSELF
- VOICE NOTE (KEEP)
- YELL INTO A PILLOW
- WRITE IT THEN RIP IT
- SAY IT OUT LOUD
- OTHER: _____

GET SUPPORT
(You don't have to do this alone.)

- TEXT A SAFE PERSON
- TALK TO A FRIEND
- CHECK IN WITH FAMILY
- CALL / TEXT HELPLINE
- ASK FOR SPACE
- OTHER: _____

RESET YOUR SENSES
(Come back to your body.)

- HEADPHONES ON
- BREATHE SLOW
- 5 THINGS YOU SEE
- 5 THINGS YOU FEEL
- STRETCH IT OUT
- OTHER: _____

6. PICK ONE FOR RIGHT NOW.
(Choose one small thing from above.)

7. AFTER THE HEAT DROPS...
(Check in with yourself.)

What helped the most? _____

_____

What can I remember for next time? _____

_____

Big feeling. Safer exit.

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THE GUILT TRIP HAS BEEN CANCELLED™

You are not responsible for their feelings.

WHO IS TRYING TO PUT ME ON A GUILT TRIP?

(The passenger.)



WHAT ARE THEY SAYING OR DOING?

(The guilt fuel.)



WHAT GUILT TRIP TACTICS ARE THEY USING?

(Check all that apply.)

- ☐ Bringing up the past
- ☐ Playing the victim
- ☐ "After all I've done for you..."
- ☐ Making me feel selfish
- ☐ Silent treatment
- ☐ Emotional blackmail
- ☐ Passive aggressive comments
- ☐ Other: _____



WHAT DO THEY WANT ME TO DO?

(The hidden expectation.)



HOW DO I FEEL WHEN THIS HAPPENS?

(My reaction.)



- ☐ Guilty
- ☐ Anxious
- ☐ Pressure
- ☐ Sad
- ☐ Confused
- ☐ Other: _____

WHAT'S THE TRUTH?

(Reality check.)



WHAT IS ACTUALLY MINE TO DO OR FIX?

(Be honest.)



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IS THIS A PROBLEM ON LOOP?™

Not every problem deserves a rerun.

WHAT'S HAPPENING?

(The situation.)

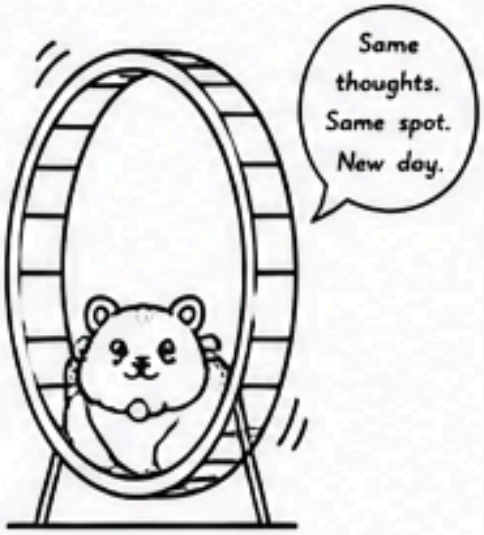
WHAT STORY AM I TELLING MYSELF?

(The loop.)

LOOP DETECTED?

(Check all that apply.)

- ☐ I keep thinking about it.
- ☐ I keep rehashing it.
- ☐ I keep talking about it.
- ☐ I keep googling it.
- ☐ I keep feeling stuck.
- ☐ I keep expecting a different result.
- ☐ Other: _____



IS THIS IN MY CONTROL?

(Be honest.)

- ☐ Yes
- ☐ No
- ☐ Partly
- ☐ Not sure

WHAT AM I TRYING TO GET?

(The payoff.)

WHAT AM I AFRAID WILL HAPPEN IF I LET IT GO?

(The fear.)

WHAT WOULD BE TRUE IF I STOPPED LOOPING?

(A new possibility.)

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I NEED SPACE NOT WAR



I am asking for breathing room, not a bigger problem.

1. WHAT IS CROWDING ME?

(What's building up inside or around me.)

OTHER: _____

2. WHAT I WISH THEY UNDERSTOOD

(Things I want them to know about me.)

3. WHAT I NEED THEM TO STOP DOING

(Boundaries I need right now.)

REMINDERS FOR ME

4. VENT ZONE — GET IT OUT

(Scribble, rant, draw, shade, or write it all out.)



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1. MY LOW-DRAMA EXIT PLAN

(Step away. Cool down. Keep it safe.)

I feel it rising. → *I choose to step away.* → *I give myself time not to react.*



WHERE I CAN STEP AWAY TO: _____

HOW I WILL GET THERE: _____

WHAT I WILL TAKE WITH ME:

☐ WATER ☐ HEADPHONES ☐ NOTES ☐ COMFY LAYER ☐ OTHER: _____

2. THREE WAYS TO RESET

(Choose what helps you calm down.)

1. _____
2. _____
3. _____

3. WHAT I CAN SAY WHEN I NEED SPACE

(Short, clear, kind. No overexplaining.)

- *I need a minute.* _____
- *I'm getting overwhelmed. I need space.* _____
- *I care about this, but I need space right now.* _____
- *I'll come back when I can talk calmly.* _____
- OTHER: _____

4. WHAT I WILL DO WHEN I AM READY TO COME BACK

(Return with respect. Keep it better.)

CHECK IN WITH MYSELF → CHOOSE KIND WORDS → LISTEN FIRST → FIND A SOLUTION TOGETHER → KEEP IT BETTER

ONE THING I WANT TO SAY WHEN I COME BACK: _____

_____

A PAUSE CAN PROTECT THE MOMENT.

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THE BLACKOUT DAYS

When everything feels dim.

1. WHAT A BLACKOUT DAY FEELS LIKE

(Check all that apply.)

- ☐ TIRED
- ☐ NUMB
- ☐ HEAVY
- ☐ ANNOYED
- ☐ QUIET
- ☐ NO ENERGY
- ☐ WANT TO DISAPPEAR FROM PEOPLE
- ☐ HARD TO CARE
- ☐ OTHER: _____

2. WHAT GOT SWITCHED OFF

(Rate or reflect.)

MOTIVATION: _____

FOCUS: _____

SOCIAL BATTERY: _____

APPETITE: _____

PATIENCE: _____

HOPE: _____

3. BODY CHECK *(Check what shows up.)*

HEAVY EYES	SORE BODY	EMPTY STOMACH	TENSE JAW	HEADACHE	CHEST TIGHT	FROZEN
☐	☐	☐	☐	☐	☐	☐

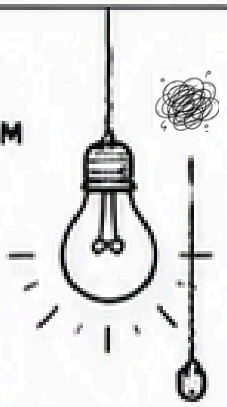
4. DROP THE FOG HERE *(Scribble. Rage. Cry. Vent. Let it out.)*

5. WHAT I WISH PEOPLE KNEW

(Say the quiet things.)

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FIND THE LIGHT SWITCH™



Look for clues. Light exists.

1 Spot the pattern.



When I feel this way, I usually:

- _____
- _____
- _____
- _____

2 Where did this thought come from?



_____

_____

_____

_____

3 Evidence for the fog:



- _____
- _____
- _____

Evidence against the fog:



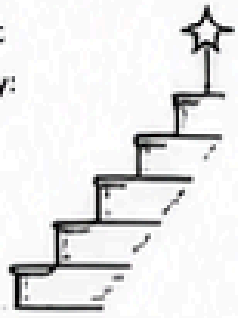
- _____
- _____
- _____

4 What can I control today?



- ☐ _____
- ☐ _____
- ☐ _____

5 One small effort I can make today:



REMEMBER:

The fog lies. The light is small, not gone.

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I FEEL DISTANT



When your heart, brain, and body are not on the same page.

It's okay to feel disconnected.
Let's gently check in with each part of me. →



HEAD

What is my brain doing?

_____

_____

_____

- ☐ OVERTHINKING
- ☐ EMPTY
- ☐ OVERSTIMULATED

OTHER: _____





HEART

What is my heart carrying?

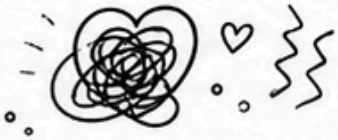
_____

_____

_____

- ☐ TIGHT CHEST
- ☐ HEAVY
- ☐ LONELY

OTHER: _____





BODY

What is my body saying?

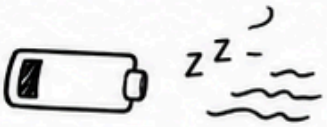
_____

_____

_____

- ☐ TIRED
- ☐ ANNOYED
- ☐ NUMB

OTHER: _____



What feels hardest to reach right now? _____

_____

_____

_____





Noticing the distance is the first step toward reconnecting.



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THE THOUGHT HAS TOO MUCH FREEDOM™

Time to arrest it. You're in charge here.

WHAT'S THE THOUGHT?

(The exact thought)

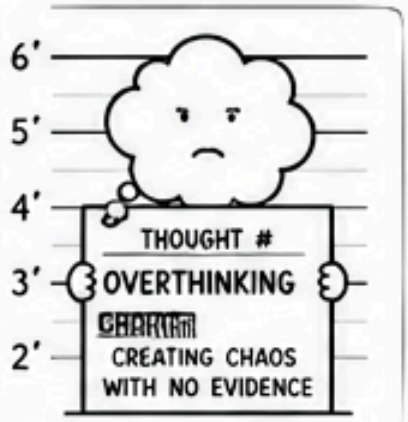
WHEN DID IT SHOW UP?

(The moment)

HOW OFTEN DOES IT VISIT?

(Check all that apply.)

- ☐ All the time
- ☐ Daily
- ☐ Several times a day
- ☐ Sometimes
- ☐ Rarely
- ☐ Other: _____



WHAT DOES THIS THOUGHT TELL YOU?

(The story it's selling)

WHAT DOES THIS THOUGHT MAKE YOU FEEL?

(Check all that apply.)

- ☐ Anxious
- ☐ Overwhelmed
- ☐ Inadequate
- ☐ Scared
- ☐ Angry
- ☐ Sad
- ☐ Other: _____

EVIDENCE CHECK: IS IT TRUE?

(Be honest.)

EVIDENCE FOR IT:	EVIDENCE AGAINST IT:
•	•
•	•
•	•
•	•

WHAT IS THIS THOUGHT TRYING TO PROTECT YOU FROM?

(The fear underneath)

IF THIS THOUGHT DIDN'T GET TO RUN THE SHOW, WHAT WOULD I THINK INSTEAD?

(A kinder, truer thought)

TODAY, I CHOOSE TO:

(My power move)

- ☐ Notice it
- ☐ Name it
- ☐ Challenge it
- ☐ Don't follow it
- ☐ Let it go
- ☐ Other: _____

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CARE COUNTS



My system is not lazy. It needs care.

This is not weakness.
This is information. Name it. Release it. Reset.

1 WHAT HURTS MOST RIGHT NOW?

2 WHAT IS DRAINING ME?

3 WHAT AM I PRETENDING IS FINE?

SPILL IT HERE FIRST.



WHAT IS MY BODY ASKING FOR?



I don't have to fix everything.
I just have to take one honest step.

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SOFT LANDING PLAN

Care is a reset, not a reward.
I can choose what helps right now.

CHOOSE WHAT WOULD HELP ME RIGHT NOW:



☐ FOOD



☐ WATER



☐ REST



☐ SHOWER



☐ MUSIC



☐ STRETCH



☐ OUTSIDE AIR



☐ BLANKET/ COMFORT



☐ QUIET



☐ TEXT SOMEONE SAFE

MY NEXT KIND MOVE

What is one small thing I can do for myself right now?

_____

_____

_____

_____

I can do hard things. I can also be kind.

WHAT I NEED TONIGHT / TODAY

Be real. Be specific. I matter.

_____

_____

_____

_____



Care first. Shame later never.

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NOT FOREVER

It feels endless when you are in it.



1. WHAT HAPPENED?

(Facts only.)

2. WHAT AM I TELLING MYSELF THIS MEANS?

(Be honest. Name the story.)

3. WHAT PART OF THIS IS TODAY, AND WHAT PART IS FEAR ABOUT LATER?

(Sort it out.)

TODAY (REAL)	LATER (FEAR / MAYBE)
○	○
○	○
○	○
○	○

4. RIGHT NOW VS. THE WHOLE FUTURE.

(Zoom out.)

RIGHT NOW

What is true in this moment?

≠

THE WHOLE FUTURE

What I can't possibly know yet.

This is a hard chapter, not the whole book.

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HOW DO I GET THROUGH, NOT FIGURE OUT EVERYTHING?



1. NEXT SAFE STEP.

(What's one thing I can do or protect right now?)



Small is still movement.

2. ONE PERSON I CAN REACH FOR.

(Names or roles. It counts.)

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

I don't have to carry this alone. ♡

3. WHAT CAN WAIT.

(Things not due today.)

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

Not urgent ≠ not important.

4. WHAT MIGHT FEEL DIFFERENT BY TOMORROW?

(Hope is a plan, not a feeling.)

♥ *Change doesn't have to be big to be real.*

5. MINI-TIMELINE: ONE STEP, NOT FOREVER.

(One step at a time.)

TONIGHT	TOMORROW	THIS WEEK
What I will focus on for the next few hours.	*What I will try for the next 24 hours.*	*One step I can take in the next 7 days.*

I do not have to solve forever from inside a hard hour.

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My Personal Reset Menu



CHOOSE WHAT HELPS. LEAVE WHAT DOESN'T.



1 WHAT AM I CARRYING RIGHT NOW?

Name it. Don't fix it.

SPILL IT HERE.

2 WHAT KIND OF RESET DO I WANT?

Circle what fits best.

QUICK	STEADY	GENTLE	STRONG	RECHARGE
(5–15 MINUTES)	(15–60 MINUTES)	(CALM + CARE)	(BOUNDARIES)	(LONGER)

3 WHAT DO I NEED LESS OF FOR THE NEXT HOUR?

Cross out what you're done carrying (for now).

- ☐ Overthinking
- ☐ People-pleasing
- ☐ Checking / scrolling
- ☐ Rushing
- ☐ Guilt / self-criticism
- ☐ Noise / distraction
- ☐ Perfection pressure
- ☐ Other: _____

MOOD & ENERGY CHECK

Right now:

Mood: ☹ 😐 🙂 😊

Energy: LOW ▭▭▭▭▭▭ HIGH

Where am I starting from?

_____

I DON'T HAVE TO CARRY IT ALL AT ONCE.

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BUILD YOUR RESET. YOUR COMBO. YOUR CALL.

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PICK 1 FAST RESET

Quick relief. Hit the pause button.

- ☐ Step outside + breathe
- ☐ Cold water on my face
- ☐ 2 minutes of stretching
- ☐ Loud song + dance break
- ☐ Power nap (10–20 min)
- ☐ 5 deep breaths, slow
- ☐ Other: _____

PICK 1 STEADYING RESET

Bring me back to center.

- ☐ 10 minutes of journaling
- ☐ Mindful walk (no phone)
- ☐ Breathwork (box or 4–7–8)
- ☐ Meditate or sit quietly
- ☐ Read something good
- ☐ Plan 3 small next steps
- ☐ Other: _____

PICK 1 COMFORT RESET

Nourish. Soften. Be kind.

- ☐ Comfort food or drink
- ☐ Warm shower or bath
- ☐ Cozy up + do nothing
- ☐ Call or text someone safe
- ☐ Pet time / animal love
- ☐ Watch something funny
- ☐ Other: _____

PICK 1 BOUNDARY RESET

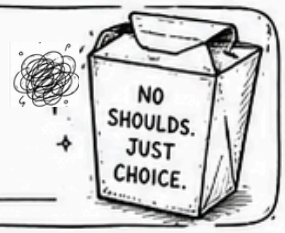
Protect my peace.

- ☐ Turn off notifications
- ☐ Say no to something
- ☐ Leave the situation
- ☐ Limit screen time
- ☐ Cancel / reschedule
- ☐ Clear one commitment
- ☐ Other: _____

SKIP THIS TODAY

It's okay. Choosing rest might be enough.

- ☐ Just rest
- ☐ Survive mode is valid
- ☐ Do only what I must
- ☐ Other: _____



MY PERSONAL RESET COMBO

+ + + +

_____ _____ _____ _____ _____

♡ I CHOOSE THIS. FOR ME. ♡

WHAT I WANT TO REMEMBER AFTER THIS

_____

_____

_____

_____

RELIEF CAN BE CHOSEN IN PIECES.

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You made space before the reaction. That may not sound big, but it is.

You put the loud part somewhere it could land without causing more damage.

Maybe the feeling is still there.
Maybe the situation still needs a conversation, a boundary, an apology, a decision, or more support. Maybe you are not completely calm yet.

THAT IS OKAY!
These pages were here to give you a little space before the FEELING took over.





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