



STAY ANCHORED™

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Relationship Reset Guide



PRACTICAL TOOLS FOR GROUNDING
WHEN RELATIONSHIPS TRIGGER
YOUR NERVOUS SYSTEM



Calm Without Quitting Your Life.





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IT'S NOT JUST THE RELATIONSHIP



When we feel triggered in relationships,
it's easy to think the problem is our partner,
their words, or what just happened.

But the truth is...

Your nervous system is trying
to protect you from a perceived threat.



Past wounds, stress, overthinking, or
unresolved emotions can make your body
react as if you're in danger—even when
you're actually safe.



The good news? You can learn to
regulate your nervous system so you
can respond from peace, not protection.



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SIGNS YOU'RE TRIGGERED

(Not Thinking Clearly)



- ✓ You overthink what they said
- ✓ You feel anxious after silence
- ✓ You react emotionally, then regret it
- ✓ You seek reassurance constantly
- ✓ You feel a sudden urge to pull away
- ✓ Your body feels tense or on edge
- ✓ You feel like you have to be "right"
- ✓ You feel unsafe expressing how you feel



These are nervous system responses,
not relationship problems.

Awareness is the first step to healing.





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QUICK GROUNDING EXERCISES

When You Feel Triggered



4-4-6 BREATH

Inhale for 4, hold for 4, exhale for 6.
Do this 3–5 times to calm your body.



FEET ON THE FLOOR

Press your feet into the ground.
Feel your body. You are here, not
in your past or your worry.



PAUSE BEFORE THE REACTION

Pause before you speak, text, or react.
Give your nervous system a moment
to settle.



ASK: PEACE OR FEAR?

Ask yourself: “Am I reacting from fear
or responding from peace?” Choose
peace on purpose.



5 THINGS YOU CAN SEE

Look around and name 5 things
you see to bring yourself back to
the present moment.





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JOURNAL PROMPTS

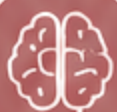


Reflection Creates Regulation

Take a few quiet moments to check in with yourself and journal with honesty and compassion.



What triggers me most in my relationships?



What thoughts usually show up when I feel triggered?



What do I need in those moments instead of reacting?



What helps me feel grounded, safe, and like myself again?



*There is no right or wrong here.
Just truth, awareness, and a commitment
to come back to yourself.*



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AFFIRMATIONS

To Anchor You in Truth



I do not have to abandon myself
to keep love.



I am allowed to want more and still
choose peace.



I can love deeply and still honor my needs.



I choose calm over chaos.



I release what is not mine to carry.



I regulate my nervous system,
so I can respond with clarity.



I am safe to feel, heal, and grow.



I am becoming who I needed
when I was younger.



You are not too much.
You are not the problem.

You are becoming your anchor.



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BUILDING YOUR ANCHOR PRACTICES

Small Habits, Big Shifts



Consistency is more powerful than intensity.
Choose small practices you can return to daily.



MORNING ANCHOR

Start your day with intention.
Try breathwork, affirmations,
or quiet reflection.



MIDDAY CHECK-IN

Pause and reset.
One mindful minute can change
the rest of your day.



EVENING RELEASE

Let go of the day.
Journal, stretch, pray,
or take a tech-free moment.



WEEKLY RITUALS

Do something nourishing
just for you. Protect your peace
like it's your purpose.



**The goal isn't perfection.
The goal is connection.**

Keep coming back to what grounds you. 

