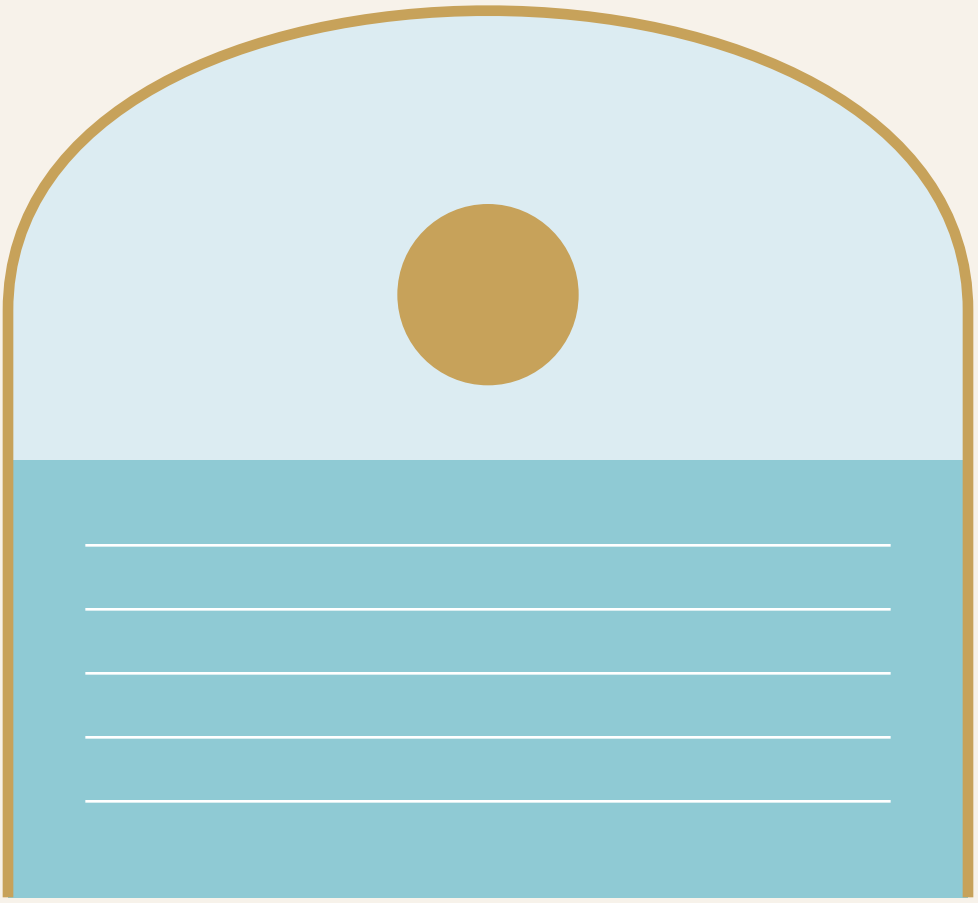
RISE & ELEVATE



THE NERVOUS SYSTEM RESET

STOP OVERTHINKING. REGULATE. BECOME SECURE.

A 7-DAY GUIDED WORKBOOK

START HERE

Welcome to your reset

This is a practical, compassionate workbook for building awareness, regulation, and secure self-leadership.

YOUR INTENTION

You are not here to become perfect. You are here to notice your patterns, create more space before you react, and practice responses that support the life and relationships you want.

Use one short module each day. Read slowly, complete the prompts honestly, and choose one practice to carry into real life. Progress comes from repetition, not pressure.

- Plan for 15-20 minutes a day.
- Pause if an exercise feels overwhelming.
- Repeat the tools that help your body settle.
- Return to the workbook whenever an old pattern reappears.

A GROUNDED PROMISE

You do not need to fight yourself into change. Small, consistent moments of awareness and choice are enough to begin.

PREPARE

Create a safe container

Begin with curiosity. This workbook is educational and is not a substitute for medical or mental health care.

SUPPORT MATTERS

If a practice increases distress, stop and choose something gentler. Consider working with a licensed professional if anxiety, trauma responses, or relationship distress are affecting your daily life. If you feel unsafe, contact local emergency support.

Right now, how activated does my body feel? Circle one: 1 2 3 4 5 6 7 8 9 10

What would make this week feel supportive and realistic?

One person, place, or practice I can turn to for support:

OVERVIEW

Seven days. Seven skills.

Each day builds on the one before it. Move at your own pace and repeat a day whenever you need more time.

01 **Awareness**
Notice thoughts without becoming them.

02 **Safety**
Distinguish what is unfamiliar from what is unsafe.

03 **Triggers**
Separate facts from the story your mind creates.

04 **Separation**
Observe emotions and choose your next response.

05 **Secure identity**
Practice the beliefs and behaviors you want to embody.

06 **Regulation**
Build a reliable menu of body-based calming tools.

07 **Integration**
Turn new choices into a repeatable daily baseline.

1

DAY 1

AWARENESS

NOTICE WITHOUT JUDGMENT

A thought can be present without becoming a command.

LESSON

You are not your thoughts

Thoughts are mental events - not proof, identity, or prophecy.

Your brain is always predicting, comparing, and trying to protect you. When stress is high, it may replay conversations, scan for rejection, or imagine worst-case outcomes. These patterns can feel personal, but they are learned responses.

THE KEY SHIFT

Instead of saying, 'I am anxious,' try: 'I am noticing anxiety.' Instead of, 'Something is wrong,' try: 'My mind is searching for certainty.' This language creates a little room between you and the experience.

- Notice the thought.
- Name it as a thought, prediction, or memory.
- Let it be present without arguing with it.
- Choose the next helpful action.

TODAY'S ANCHOR

I can notice a thought without treating it as the truth.

PRACTICE

The thought observer

Choose three stressful thoughts from today and create distance from each one.

THOUGHT 1

The thought: _____

I am noticing the thought that... _____

A more balanced response: _____

THOUGHT 2

The thought: _____

I am noticing the thought that... _____

A more balanced response: _____

THOUGHT 3

The thought: _____

I am noticing the thought that... _____

A more balanced response: _____

REFLECT

What changed when I paused?

There is no right answer. Record what you genuinely noticed.

Which thought was easiest to observe?

What happened in my body when I stopped arguing with the thought?

One response I want to practice tomorrow:

END-OF-DAY CHECK-IN

Activation level now: 1 2 3 4 5 6 7 8 9 10

2

DAY 2

SAFETY

UNFAMILIAR IS NOT ALWAYS UNSAFE

Your system can learn that steadiness, care, and calm are safe to receive.

LESSON

What is my body predicting?

The nervous system responds quickly to cues of threat, uncertainty, and familiarity.

Past experiences can teach your body to expect inconsistency, urgency, or rejection. Later, calm may feel strange simply because it is new. That does not mean every uncomfortable feeling should be ignored; it means you can pause and gather more information before deciding what the feeling means.

ASK A BETTER QUESTION

Instead of only asking, 'Why do I feel this way?' ask: 'What cue did my body notice?' and 'Is this unsafe, or is it unfamiliar?' Then check the facts, your boundaries, and the present moment.

- Unsafe: there is a current threat, violation, or clear boundary concern.
- Unfamiliar: the situation is new, steady, or outside your usual pattern.
- Uncertain: you do not have enough information yet.

WORKSHEET

Map the familiar pattern

Use one repeating situation from relationships, work, family, or self-talk.

The situation that activates me:

What my body does first (tightness, heat, restlessness, numbness, urgency):

The meaning my mind assigns to it:

What this response may be trying to protect me from:

PRACTICE

Unsafe, unfamiliar, or uncertain?

Slow the moment down before choosing your response.

UNSAFE

What evidence shows a present threat or crossed boundary?

UNFAMILIAR

What is new, steady, or different from my usual pattern?

UNCERTAIN

What information do I still need before deciding?

CHOOSE THE NEXT GROUNDED STEP

Examples: ask a clarifying question, state a boundary, wait for more information, take ten slow breaths, step away, or seek support. The goal is not to dismiss your feelings; it is to respond with both care and evidence.

3

DAY 3

TRIGGERS

SEPARATE FACTS FROM STORIES

A trigger is information. It does not have to decide what happens next.

LESSON

Understand the trigger sequence

Triggers often connect a present event to an older meaning.

THE SEQUENCE

Event -> body response -> automatic story -> urge -> action

For example, someone replies later than expected. Your chest tightens. The automatic story is, 'I do not matter.' The urge is to chase, withdraw, or over-explain. The event is real; the meaning is an interpretation shaped by your history.

- Facts are observable and specific.
- Stories are predictions, assumptions, or meanings.
- Urges are temporary signals, not requirements.
- A pause gives you access to more choices.

TODAY'S ANCHOR

The fact is ____. The story I am telling myself is ____.

WORKSHEET

Decode one trigger

Complete the sequence as honestly and specifically as you can.

1. What happened? State only the observable facts.

2. What did I notice in my body?

3. What story appeared automatically?

4. What did I feel urged to do?

5. What response would protect both my peace and my values?

PRACTICE

Build a balanced response

A balanced thought is credible, compassionate, and grounded in what you know.

EXAMPLE

Fact: They have not replied for four hours.
Story: They are losing interest.
Balanced response: I do not know why they have not replied. I can tolerate the uncertainty and continue with my day.

Fact:

Automatic story:

A balanced response I can believe:

REMEMBER

Balanced does not mean falsely positive. It means honest, proportionate, and kind.

4

DAY 4

SEPARATION

OBSERVE, NAME, CHOOSE

You can feel an emotion fully without handing it the steering wheel.

LESSON

Create space before response

Awareness lets you relate to an emotion instead of becoming fused with it.

When you say, 'I am overwhelmed,' the feeling can sound permanent and total. When you say, 'I am noticing overwhelm,' you acknowledge the experience while remembering that it is one part of the present moment.

THE 5-STEP PAUSE

1. Pause and orient to the room.
2. Name what you notice.
3. Lengthen your exhale gently.
4. Allow the feeling without forcing it away.
5. Ask: What response supports me now?

LANGUAGE THAT CREATES SPACE

I am noticing...
A part of me feels...
My body is responding to...
I can wait before I decide...

PRACTICE

Observe - name - choose

Use this page during or shortly after an activating moment.

OBSERVE: What sensations, thoughts, and urges are present?

NAME: What emotion or need might be here?

CHOOSE: What is the next respectful, grounded action?

REFLECT

What helped me stay with myself?

Notice any moment - even a small one - when you responded differently.

The moment I paused:

What I did instead of reacting automatically:

What I learned about my capacity:

END-OF-DAY ANCHOR

I can be present with a feeling and still choose my response.

5

DAY 5

SECURE IDENTITY

PRACTICE WHO YOU ARE BECOMING

Identity grows through repeated evidence, not one perfect decision.

LESSON

Choose a secure direction

A secure identity is not a performance. It is a set of values, boundaries, and practiced responses.

Instead of asking, 'How do I become someone else?' ask, 'What would a grounded version of me believe, allow, communicate, and practice today?' Then create one small piece of evidence through action.

SECURE DOES NOT MEAN

Never needing reassurance.
Never feeling anxious.
Always knowing what to do.
Tolerating behavior that violates your boundaries.

SECURE CAN LOOK LIKE

Asking directly.
Letting uncertainty exist without chasing.
Trusting your observations.
Repairing after a reaction.
Leaving situations that are not respectful or safe.

WORKSHEET

Meet the secure version of you

Describe this version in practical, observable language.

How do I speak to myself?

How do I communicate needs and boundaries?

How do I handle uncertainty?

What do I no longer abandon myself to obtain?

What feels steady and normal in my relationships?

PRACTICE

Create evidence today

Choose actions small enough to complete in the next 24 hours.

BELIEF

A belief I want to strengthen:

BOUNDARY

A boundary I can honor:

COMMUNICATION

One direct thing I can say:

CARE

One action that tells my body I matter:

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DAY 6

REGULATION

SETTLE THE BODY FIRST

Regulation is not the absence of feeling. It is enough steadiness to choose.

TOOLKIT

Three ways to return to the present

Try each tool gently and keep the ones that help you feel more oriented and supported.

1 - LONGER EXHALE

Inhale comfortably for a count of 4. Exhale slowly for a count of 6. Repeat for 60-90 seconds without forcing the breath. Stop if you feel lightheaded.

2 - SENSORY GROUNDING

Name 5 things you see, 4 things you can feel, and 3 things you hear. Let your eyes move slowly around the space as you orient to the present.

3 - SUPPORTIVE MOVEMENT

Press your feet into the floor, stretch, walk slowly, shake out your hands, or place a hand on a steady surface. Choose movement that feels safe for your body.

THEN CHOOSE

When there is a little more space, ask: What does this moment need from me?

WORKSHEET

Build your regulation menu

Create options for different levels of activation.

WHEN I AM SLIGHTLY ACTIVATED

Small tools I can use in public or while working:

WHEN I AM HIGHLY ACTIVATED

Tools that help me pause, reduce stimulation, or seek support:

WHEN I FEEL SHUT DOWN

Gentle cues of connection, movement, warmth, or nourishment:

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DAY 7

INTEGRATION

TURN PRACTICE INTO A BASELINE

What you repeat with compassion becomes easier to access.

INTEGRATION

A simple daily reset

Use this routine for the next seven days to keep building familiarity with your secure responses.

MORNING - CHOOSE

Ask: Who do I want to be today when uncertainty appears? Choose one quality - grounded, direct, patient, self-respecting, or open.

DURING A TRIGGER - PAUSE

Notice the cue. Name what is present. Use one regulation tool. Separate facts from the story. Then choose your response.

EVENING - COLLECT EVIDENCE

Ask: Where did I stay with myself today? What did I repair, communicate, or tolerate differently? Let small evidence count.

THE GOAL

Make calm, clarity, boundaries, and self-trust more familiar through repetition.

PLAN

Keep the reset going

Choose one small focus for each day. Consistency matters more than intensity.

DAY 1

My focus or practice

DAY 2

My focus or practice

DAY 3

My focus or practice

DAY 4

My focus or practice

DAY 5

My focus or practice

DAY 6

My focus or practice

DAY 7

My focus or practice

KEEP NEARBY

The 60-second reset

Use this page when your mind is loud and you need a simple next step.

PAUSE - ORIENT - BREATHE

1. Pause before sending, chasing, explaining, or withdrawing.
2. Look around and name where you are.
3. Feel both feet or another point of support.
4. Let your exhale become a little longer.
5. Say: This is a pattern. I can choose my next step.

GROUNDED REMINDERS

I can trust myself to respond.
I can ask directly.
I can tolerate uncertainty.
My needs and boundaries matter.
I do not have to abandon myself for connection.

WHEN I NEED SUPPORT

I can pause the exercise.
I can contact someone I trust.
I can return to the present.
I can seek professional support.
I am allowed to choose safety and care.

You are building a relationship with yourself

one aware, grounded choice at a time.

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