

Spiral Reset Pocket Card

When you feel the spiral starting:

1. GROUND - Press both feet into the floor. Exhale longer than inhale.
2. NAME - Say silently: 'This is a spiral, not a crisis.'
3. REFRAME - Ask: 'What would I tell a friend who is feeling this?'
4. CHOOSE - Pick ONE small next action. Not the whole problem. One step.

Keep this card where you can see it. One minute, four steps.