

# The 4-Step Reset Loop

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**Break the cycle. Return to choice.  
Two minutes to reset your brain.**

**We all get caught in loops.**

Replaying what we should've or shouldn't have said.

Imagining worst-case scenarios.

Telling ourselves a story about what *might* happen.

Assuming the worst before anything has even happened.

Sometimes it turns into scrolling or avoidance.

Sometimes it just stays in your head.

The Reset Loop helps you interrupt that spiral before it takes over your mood, your energy, or your day.

You're not weak.

You're just in a loop.



## **Step 1: Recognize**

### **Catch the loop.**

Notice the pattern without judging it.

Say quietly to yourself:

“I’m in the loop.”

That simple phrase activates awareness. It shifts you from being inside the story to observing it.

Awareness is the first reset.

## **Step 2: Breathe**

Take one round of the Physiological Sigh:

Inhale through your nose.

Take a short second inhale to top it off.

Slowly exhale through your mouth.

This signals your nervous system to settle.

Your body resets first. Then your thoughts soften.

## **Step 3: Reframe**

Ask yourself:

“What is my brain trying to protect me from right now?”

Often, it’s discomfort. Fear. Embarrassment. Uncertainty.

Thank your brain for trying to help.

Then remind yourself:

“I’m safe, and I’m choosing differently.”

You don’t argue with the story.

You step outside of it.

## **Step 4: Refocus**

Take one small action that brings you back to the present.

- Stand up and move
- Splash cold water on your face
- Step outside for 30 seconds
- Write down one small next step
- Send the first sentence instead of the whole message

Anything that puts your body and attention in motion works.

Small action breaks the mental spiral.

## **Reset Loop Practice**

Grab a notebook or blank sheet and write:

- What happened?
- What story was I telling myself?
- What step helped most?
- How did I feel after?

Every entry counts.

You caught the loop.

You interrupted it.

You practiced choosing.

## **Why This Works**

Your brain's main job is to keep you safe, not calm, not confident, and definitely not productive.

When something feels uncertain or uncomfortable, your nervous system shifts into protection mode. That's when the mental storytelling ramps up.

The Reset Loop interrupts that automatic chain reaction.

- Recognize builds awareness and activates decision-making.
- Breathe calms the stress response through your vagus nerve.
- Reframe shifts you from fear to curiosity.
- Refocus restores momentum with small, intentional action.

With practice, this becomes a bridge from reaction to response.

## **The Nerdy Neuroscience**

- Polyvagal Theory. Slow, controlled breathing activates your vagus nerve, your body's calming switch.
- Neuroplasticity. Every time you catch and reset a loop, you strengthen a new pathway from rumination to awareness.
- Behavioral Activation. Small, intentional actions reduce anxiety and rebuild motivation faster than waiting to feel ready.

You're not fighting your brain.  
You're working with it.

## **Everyday Examples**

- You replay a conversation and start assuming someone's upset with you. You say, "I'm in the loop." One deep breath. The intensity drops.
- You're convinced something at work is going to go badly. You pause, breathe, and ask what your brain is trying to protect you from. The story loosens.
- You're stuck in "I should've said..." You stand up, move your body, and write one next step instead of replaying the past.

Over time, your brain learns what reset feels like.