

The 4-System Reset Sheet

Recalibrate your focus, emotions, and nervous system
under 10 minutes.



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1. SOMATIC GROUNDING

Body First. Mind Follows

Goal: Shift your nervous system from stress to regulation.

- Sit upright. Place one hand on your chest, one on your abdomen.
- Inhale slowly through the nose (count 4), exhale longer through the mouth (count 6).
- Drop your awareness to the weight of your body.
- Ask: Where do I feel tension, pressure, or heat?
- Imagine exhaling directly from that spot until the sensation softens.

**Insight cue: “My body isn’t the enemy.
It’s the messenger.”**

2. CBT CLARITY

Challenge the Thought Loop

Goal: Identify the distorted story behind overwhelm.

Write down one repeating thought (e.g., “I’m falling behind.”)

Then complete:

- The evidence for it is _____
- The evidence against it is _____
- A more balanced truth is _____

Insight cue: “Not every thought deserves belief.”

3. NLP REFRAME

Change the Movie, Change the Meaning

Goal: Recode emotional triggers using imagery.

- Close your eyes. Visualize the stressful moment as a short film.
- Shrink the image, mute the sound, drain the color.
- Now rewind it – fast – until it becomes almost ridiculous.
- Replace it with a new frame: you calm, centered, in control.
- Anchor this new frame with a deep breath and a small smile.

**Insight cue: “If I can change the picture,
I can change the pattern.”**

4. SILVA ULTRAMIND CONDITIONING

Direct the Mind's Screen.

Goal: Install a new mental program aligned with calm focus.

- Close your eyes, count down slowly from 10 to 1.
- Imagine a screen in your mind. See today's challenge written on it.
- Say: 'I choose the highest outcome for all involved.'
- Picture the situation resolving with clarity and ease.
- Count back up from 1 to 5, bringing that feeling into the body.

Insight cue: "Clarity is a frequency I can tune into anytime."

Integration

End by writing:

“The signal my body sent today was ____.

“I listened by ____.”

Repeat once daily for seven days.

Notice what shifts — not in thoughts, but in tone.

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