



FREE RESOURCE

The 7-Day Emotional Reset

Slow Down. Feel Less Alone.

HEALING LIGHT SA — FREE WORKBOOK

Seven days, four pages a day — a real practice for noticing what you feel, where it lives, and how to respond to it instead of being run by it.

You don't need a crisis to need a reset. Each day below has four parts — **Understand**, **Explore**, **Reflect**, and **Practice & Check In** — meant to take fifteen to twenty minutes. Do one day at a time, in order or not. There's no wrong way to work through this.

Name It to Tame It

PART A • UNDERSTAND

Why Naming an Emotion Changes It

Most of us default to two or three feeling-words — "fine," "stressed," "bad" — because naming the real emotion underneath takes a second of honesty most days don't leave room for. But an emotion you can name is an emotion you can work with. One you can't name just runs the show from the background, showing up as snapping at someone, going quiet, or reaching for whatever numbs it fastest.

Therapists sometimes call this the "feelings iceberg." What shows on the surface — irritation, exhaustion, going numb — is usually sitting on top of something quieter underneath: hurt, fear, disappointment, shame. The surface feeling is real, but it's rarely the whole story.

Here's a small example. Someone cancels plans on you last-minute. The surface feeling might be annoyance. Underneath it might be "I thought I mattered more than this," which is closer to hurt. You can only work with the one you can see.

The Feelings Word Bank

Scan the words below. Don't overthink it — circle or underline whichever ones land, even if a few from different rows feel true at once. Most people can only find two or three words on a normal day. Today, try to find at least three.

MAD

Irritated

Frustrated

Resentful

On edge

Defensive

SAD

Heavy

Disappointed

Lonely

Discouraged

Empty

AFRAID

Anxious

Uneasy

Overwhelmed

On guard

Insecure

ASHAMED

Embarrassed

Not good enough

Exposed

Regretful

GLAD

Relieved

Grateful

Hopeful

Proud

Content

Which words from the word bank fit how you actually feel right now?

Where did that feeling start today? What happened right before it showed up?

Is there a quieter feeling underneath the one you named first — the "iceberg" feeling?

Who or what usually gets the surface version of this feeling — snapping, going quiet, checking out?

If you told the real feeling to the right person, what would you actually say?

The Naming Practice

- 1 **Pause.** Whenever you notice a reaction building, stop for one breath before doing anything with it.
- 2 **Ask "what's the real word?"** Not "fine" or "stressed" — the specific word underneath.
- 3 **Ask "is there a quieter one under that?"** Give the iceberg feeling one more second.
- 4 **Say it, even just to yourself.** "I'm feeling hurt" changes how the next five minutes go.

MOOD BEFORE TODAY'S PRACTICE

1	2	3	4	5	6
7	8	9	10		

MOOD AFTER TODAY'S PRACTICE

1	2	3	4	5	6
7	8	9	10		

MY ONE COMMITMENT TODAY

"Name it to tame it" isn't about being fixed by the word. It's about no longer being run by something you never looked at directly.

The Body Keeps Score

PART A • UNDERSTAND

Your Body Feels It First

Emotions aren't just thoughts — they're physical. A tight chest, a clenched jaw, a stomach that won't settle, hands that won't stay still. Long before your mind finishes forming the thought "I'm anxious," your body has usually already started bracing for it.

That's actually useful information. Learning to notice the body's version of a feeling gives you an earlier warning system than waiting for the thought to fully form — which matters, because by the time the thought is fully formed, the feeling is often already driving.

This is also why "just calm down" rarely works. You can't out-think a body that's still bracing. But you can work with the body directly — a slower breath, a hand on the chest, a change in posture — and the thoughts often settle after, not before.

The Body Map

Slowly scan through each area below. For each one, write one word or short phrase for what you notice — tight, warm, heavy, nothing, buzzing, whatever's actually there. There's no wrong answer, including "I don't feel anything here."

Head & jaw

Shoulders & neck

Chest

Stomach

Hands

Legs & feet

Which spot on the body map had the strongest sensation?

If that spot in your body could talk, what would it say it needs?

Can you remember the last time this exact spot felt tense? What was going on then?

What's one thing your body does that usually tells you "something's wrong" before your mind catches up?

What does your body feel like on a genuinely good day, for comparison?

The Slow Body Scan

- 1 **Sit or lie down** somewhere you won't be interrupted for two minutes.
- 2 **Start at the top of your head** and move down slowly — scalp, face, jaw, neck.
- 3 **Pause at each tight spot.** Don't force it to relax — just notice it and breathe toward it.
- 4 **Move down through chest, stomach, arms, legs** the same way, unhurried.
- 5 **Finish with one full breath** and notice what, if anything, feels different.

Try this: once you find the tightest spot, put a hand there and breathe into it for five slow breaths before you write anything.

BODY TENSION BEFORE

1	2	3	4	5	6
7	8	9	10		

BODY TENSION AFTER

1	2	3	4	5	6
7	8	9	10		

MY ONE COMMITMENT TODAY

Your body isn't the enemy getting in the way of thinking clearly. Most days, it's the first one to know something's actually wrong.

The Pause

PART A • UNDERSTAND

The Gap Between Feeling and Reacting

Between what happens and how you react, there's a gap — even if it's only half a second right now. That gap is trainable. The goal isn't to stop feeling anything; it's to buy yourself just enough space to choose your next move instead of being pulled straight into it.

Urges and emotions work a lot like waves — they rise, peak, and pass, usually within minutes, whether or not you act on them. The trouble is most reactions happen right at the peak, which feels urgent but almost never actually is. A pause just buys you enough time to let the wave crest and start coming back down before you decide anything.

This isn't about suppressing what you feel. It's the difference between "I feel this, and I'm choosing what to do with it" and "this feeling is driving, and I'm just along for the ride."

Breaking Down S.T.O.P.

S.T.O.P. is a simple four-step pause you can run any time you feel an urge to react fast. Read through what each letter means before you try it.

S — Stop

Freeze. Don't act on the urge yet — not even to speak.

T — Take a step back

Physically or mentally create distance. Take a breath. Don't let your feelings make the decision.

O — Observe

Notice what's happening inside and outside you — thoughts, feelings, body, the actual situation.

**P — Proceed
mindfully**

Ask what response actually fits the situation, then act — not the fastest response, the right one.

Think of a moment this week you reacted faster than you wanted to. What would a 10-second pause have changed?

Where in S.T.O.P. do you usually skip a step — Stop, Take a step back, Observe, or Proceed?

What's one signal — a phrase, a breath, a hand on your chest — that could remind you to pause next time?

What are you usually afraid will happen if you pause instead of reacting right away?

Who in your life models a good pause well? What do they actually do?

Practicing the Pause

- 1 Pick one low-stakes moment today to practice S.T.O.P. on purpose — not a crisis, something small.
- 2 Notice the urge the second it shows up, before you act on it.
- 3 Run all four steps, even if it feels slow or unnecessary the first few times.
- 4 Afterward, notice what changed between your first urge and what you actually did.

URGE INTENSITY BEFORE PAUSE

1	2	3	4	5	6
7	8	9	10		

URGE INTENSITY AFTER PAUSE

1	2	3	4	5	6
7	8	9	10		

MY ONE COMMITMENT TODAY

A pause isn't a delay tactic. It's the difference between something happening to you and something you actually chose.

Comfort Without Escape

PART A • UNDERSTAND

The Difference Between Coping and Avoiding

There's a real difference between something that helps you feel a difficult emotion and get through it, and something that just makes the emotion disappear for a while and come back later, usually bigger. Neither is automatically "bad" — most things sit somewhere on a continuum between the two. What matters is knowing which one you're actually reaching for, and when.

A coping behavior helps you stay present with what's going on while it settles — a walk, a hard conversation, crying it out, calling someone. An avoidant behavior interrupts the feeling entirely so you don't have to be present with it at all — and the feeling is usually still there afterward, unprocessed, waiting.

The same activity can be either one depending on how and why you're using it. A drink with a friend after a hard week is different from a drink specifically to not feel the week. The behavior isn't the whole story — the intention behind it is.

Sort Your Coping List

Below are common ways people cope, split into two starting columns. They're not fixed — the same thing can move columns depending on how you're using it today. Add your own to either side.

HELPS ME FEEL IT

Talking to someone who gets it

Moving my body / a walk

Journaling it out

Crying when it needs to happen

Sitting with music that matches the mood

HELPS ME AVOID IT

Scrolling until I stop thinking

Staying too busy to feel it

Using something to go numb

Snapping so the subject changes

Sleeping to skip the day

What's something you turn to that actually helps you feel better, not just numb out?

What's something you reach for that usually just delays the feeling? What could you try instead, next time?

Which column did you add more items to without thinking? What does that tell you?

What usually makes you reach for the "avoid" column instead of the "feel it" column?

If a feeling you avoided this month finally caught up with you, what would it want to say?

Building Your Comfort Menu

- 1 **Pick three items** from your "helps me feel it" column that are realistic to actually reach for.
- 2 **Write them somewhere you'll see them** — your phone notes, a card in your wallet, wherever you'll actually look.
- 3 **Next time you feel the urge to avoid**, pause and check the menu before you default to habit.
- 4 **Pick one, even if it's not your first choice.** Something real beats the fastest exit.

URGE TO AVOID TODAY

1	2	3	4	5	6
7	8	9	10		

CONFIDENCE IN MY MENU

1	2	3	4	5	6
7	8	9	10		

MY ONE COMMITMENT TODAY

Comfort isn't the problem. The question is only ever whether it's helping you get through the feeling, or helping you skip it.

One Kind Sentence

PART A • UNDERSTAND

Talking to Yourself Like Someone You Love

Most people would never say to a friend the things they say to themselves on a hard day. Self-compassion isn't about letting yourself off the hook — it's about talking to yourself the way you'd talk to someone you actually cared about, especially when you've made a mistake.

Self-compassion is usually described as having three parts: being mindful of the pain instead of pretending it's not there, remembering that struggling is part of being human and not proof something's wrong with you specifically, and offering yourself the same kindness you'd offer someone else in your position.

A lot of people worry that going easier on themselves means going soft — that the harsh inner voice is what keeps them accountable. In practice, it's usually the opposite. Shame makes people hide and shut down.

Kindness is what actually makes it safe to look at the mistake honestly and do something different next time.

The Self-Talk Translator

Write down a harsh thing you've said to yourself recently. Then translate it — write it exactly as you'd say it to someone you loved, in the same situation. Do this for all three rounds, even if the first one is hard.

Round 1 — What I actually said to myself:

Translated, the way I'd say it to someone I loved:

Round 2 — What I actually said to myself:

Translated, the way I'd say it to someone I loved:

Round 3 — What I actually said to myself:

Translated, the way I'd say it to someone I loved:

What's something you've been hard on yourself about lately?

If a friend told you that exact same thing about themselves, what would you say back to them?

Whose voice does your harshest self-talk actually sound like?

What are you afraid would happen if you were genuinely kind to yourself about this?

What's one thing you've gotten right this week that you haven't given yourself credit for?

The Self-Compassion Break

- 1 **Name it.** "This is a hard moment" — mindfulness, not denial.
- 2 **Normalize it.** "Struggling is part of being human, not proof something's wrong with me."
- 3 **Offer yourself kindness.** A hand on your heart, and one sentence you'd say to someone you loved.

SELF-CRITICISM BEFORE

1	2	3	4	5	6
7	8	9	10		

SELF-CRITICISM AFTER

1	2	3	4	5	6
7	8	9	10		

MY ONE COMMITMENT TODAY

You would never talk to someone you loved the way you talk to yourself on a bad day. Today, try borrowing that voice for yourself.

Who's in Your Corner

PART A • UNDERSTAND

Regulation Isn't a Solo Project

Emotional regulation isn't something you're supposed to do entirely alone. Recovery, healing, and just getting through a hard week all go better with people who actually know what's going on with you — not people who need you to perform being fine so they don't have to worry.

Humans are built to co-regulate — to borrow calm from someone else's nervous system when our own is overwhelmed. That's not weakness or dependence; it's how people are wired to work. A five-minute call with the right person can do more than an hour of trying to think your way out of a spiral alone.

The hard part is usually reaching out before you're already deep in it — and being honest instead of giving the "I'm okay" answer that ends the conversation before it starts.

Your Support Map

Different people serve different roles — that's normal, not a shortcoming in any of them. Fill in a name (or "no one yet") for each category below.

Who I'd call in a real crisis

Who I laugh with easily

Who tells me the truth, kindly

Who I haven't talked to in a while

Who's known me longest

Who's one person you could actually be honest with about how this week has really gone?

What's stopping you from reaching out to them today?

Looking at your support map, is there a category with no name in it? What would it take to fill that in?

What do you usually say instead of the truth, when someone asks how you're doing?

What kind of support are you good at giving others but bad at asking for yourself?

The Reaching-Out Script

- 1 **Pick one name** from your support map — the truest one, not necessarily the easiest.
- 2 **Send one honest sentence**, not a full explanation. "Hey, this week's actually been hard" is enough to start.
- 3 **Let them respond however they respond.** You don't need to manage their reaction too.
- 4 **If it goes well, say so.** Naming what helped makes it easier to do again.

LONELINESS BEFORE REACHING OUT

1	2	3	4	5	6
7	8	9	10		

LONELINESS AFTER REACHING OUT

1	2	3	4	5	6
7	8	9	10		

MY ONE COMMITMENT TODAY

The people in your corner can't show up for a version of you that never lets them see anything real.

What You're Taking With You

PART A • UNDERSTAND

A Starting Point, Not a Finish Line

Seven days isn't a finish line — it's a starting point. The point of this week wasn't to fix everything; it was to practice noticing, naming, and choosing, instead of just reacting. That's a skill, and skills get stronger with repetition, not with one perfect week.

Some days probably landed more than others. That's normal — you're not being graded, and there's no version of this week that was the "right" one. What matters now is which pieces were actually useful enough to keep doing on your own, without a worksheet telling you to.

Today is about looking back honestly, then choosing forward: what stays, what goes, and what you want to remember about yourself from this week.

Week in Review

For each day, check the box if you tried it, then jot one word for what you noticed — even "nothing much" or "harder than I thought" counts.

☐ Day 1 — Name It to Tame It: _____

☐ Day 2 — The Body Keeps Score:

☐ Day 3 — The Pause: _____

☐ Day 4 — Comfort Without Escape:

☐ Day 5 — One Kind Sentence: _____

☐ Day 6 — Who's in Your Corner: _____

Looking back over the week, what's one thing that actually helped, even a little?

What's one thing from this week you want to keep doing, even after today?

What surprised you about yourself this week?

If you did this week again in a month, what would you want to do differently?

Write one sentence to yourself, to read the next time things get hard.

YOUR RESET TOOLKIT

Day 1 — Name what you actually feel

Day 2 — Notice where it lives in your body

Day 3 — Build the pause before you react

Day 4 — Choose comfort that helps, not just escapes

Day 5 — Speak to yourself like someone you love

Day 6 — Let someone real see the real week you had

Day 7 — Keep what worked

THE ONE SKILL I'M KEEPING FROM THIS WEEK

*You don't have to do this perfectly. You just have to keep coming back to it —
that's what actually changes things.*

If any of this stirred something up, you don't have to sit with it alone.

Book a 30-Minute Session

ABOUT THIS RESOURCE

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