

THE shrinkMD RESET — one page, stick it somewhere you'll see it

## THE shrinkMD RESET

S	<b>See the shift</b> Notice the body.
H	<b>Halt the automatic reaction</b> Don't engage on autopilot.
R	<b>Recognize what it is</b> Label, don't analyze.
I	<b>Interrupt physically</b> One small body change.
N	<b>Not engage the thought</b> Let the thought run without you.
K	<b>Keep moving forward</b> Take the next reasonable action.
M	<b>Make it repeatable</b> Consistency, not perfection.
D	<b>Don't wait for relief</b> Act before the feeling lifts.

Eight letters. One sequence. Repeatable.

# THE LOOP WORKSHEET

*Catch one loop per day. Takes two minutes. Accuracy beats poetry.*

## WHAT HAPPENED

*Just the facts. What a camera would have seen.*

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## WHAT I THOUGHT

*The first sentence your mind said about it.*

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## WHAT MY BODY DID

*Location, sensation, intensity. Chest, gut, jaw, hands.*

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## WHAT I DID

*The behavior that followed. No judging, just recording.*

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## THE 7-DAY PATTERN TRACKER

*One line a day. By day seven you'll see the pattern your mind has been hiding.*

DAY	WHAT SET IT OFF	WHAT MY BODY DID	WHAT I DID
1			
2			
3			
4			
5			
6			
7			

## THE URGE LOG

*For the moments you want to check, avoid, argue, or flee. Log it before or after. Both count.*

THE URGE (what it wanted you to do)

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WHAT I USUALLY DO

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WHAT I TRIED INSTEAD (even partly)

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WHAT ACTUALLY HAPPENED NEXT

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*Repeat tomorrow. The log is the exposure.*

THE 60-SECOND RESET — cut out the wallet card below

### THE 60-SECOND RESET

PAUSE	5-10 sec	Stop. Feet on the floor.
NAME IT	5-10 sec	"This is the loop."
SLOW EXHALE	20 in	through the nose, long out.
GROUND	5	Five things you can see or feel.
LET THOUGHTS RUN	the	They talk. You don't answer.

One minute. Not a cure. A reset.

THE 60-SECOND RESET

- Pause. Feet on the floor.
- Name it: "This is the loop."
- Slow exhale, long out.
- Ground: five things you can see.
- Let the thoughts run without you.

[shrinkMD.com/reset](http://shrinkMD.com/reset)