

Exercise: The Emotion Reset Circuit

This exercise helps you slow down and gain clarity when emotions run high, specifically in response to digital triggers like a missed text, a partner’s online behavior, or feeling unseen.

The next time you feel emotionally overwhelmed, jealousy, anger, rejection, insecurity, pause and walk through this circuit. Practice emotional regulation and insight using a seven-step reset process when digital interactions trigger strong feelings. You can write your responses on a separate sheet of paper or talk them through aloud with a partner or therapist.

Step	Prompt	Example
1. Sense	What am I feeling in my body and mind?	“Tight chest, racing thoughts—probably anxiety.”
2. Acknowledge	Can I name the emotion without judgment?	“I feel insecure. That’s okay—it happens.”
3. Gather	What just triggered this feeling?	“They commented on someone else’s post but didn’t reply to mine.”
4. Accept	Can I allow the feeling to exist without reacting?	“This feeling is uncomfortable, but I can sit with it.”
5. Reflect	Why now? What past pattern or unmet need might this reflect?	“I’ve felt invisible before. This taps into that old fear.”
6. Act	What would be a wise, intentional next move?	“Instead of scrolling more, I’ll ask for a moment to talk.”
7. Evaluate	What did I learn from this moment?	“My feelings are valid, but I don’t have to act on impulse.”

Reflection:

- Which step was hardest for you? Why? _____

- Did anything surprise you about what came up when you slowed down? _____

- What would support you in using this circuit more often—alone or with your partner?
