

Self-Relationship Reset Tool

Purpose

To pause, reset, and intentionally shift how you relate to yourself — especially during stress, transition, or self-criticism.

Step 1: Pause & Ground

Take one slow breath.

Right now, my relationship with myself feels:

- ☐ Supportive
 - ☐ Critical
 - ☐ Distant
 - ☐ Inconsistent
 - ☐ In reset
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Step 2: Notice the Current Tone

Without judgment, reflect:

Lately, I've been speaking to myself like:

(Think tone, not content — harsh, rushed, patient, understanding, neutral.)

Step 3: Name What You Need

Complete one or more:

Right now, I need more:

- ☐ Compassion
- ☐ Patience
- ☐ Honesty
- ☐ Rest
- ☐ Encouragement
- ☐ Boundaries

What I've been giving myself instead is:

Step 4: Reset the Relationship

Answer gently:

If I treated myself like someone I respect, I would:

(Small shifts count — tone, pacing, expectations.)

Step 5: Practice a New Response

Fill in the blank:

The next time I notice self-criticism or pressure, I will try responding with:

(This is practice, not perfection.)

Reflection

Your relationship with yourself sets the tone for everything else. Resets are allowed.
