

# 2-Minute Reset

Get back to center fast — EMX Protocol

## What this is

A fast, repeatable sequence to move from people-pleasing autopilot back into a clear, centered state. Use it when you feel pulled to say yes when you mean no, when you're triggered, or when you're about to abandon yourself for harmony.

## Why it works

It interrupts the narrative loop, down-regulates the nervous system (long exhale), and updates the internal 'safety contract' so you can choose truth + care instead of appeasement.

## The 2-Minute Reset (6 steps)

- 1) Name the story (out loud): "Story: If I say no, I'll be abandoned."
- 2) Locate it in the body: notice jaw/solar-plexus/shoulders.
- 3) Breathe: 4 slow cycles — 4 in, 6 out (longer exhale).
- 4) Ask: "What is this trying to protect?" (belonging, worth, peace).
- 5) Update the contract: "I keep belonging AND I tell the truth."
- 6) Tiny action: one boundary sentence (see page 2).

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## Boundary sentences (pick one)

- “I’m willing to help Friday, not today.”
- “That doesn’t work for me; here’s what does...”
- “I can’t take this on. Let’s revisit next week.”
- “I’m a no to that — I’m a yes to X.”

## When to use it

Right before you reply, whenever urgency spikes, or anytime you notice all-or-nothing thinking. If you only do one thing: take the longer exhale, then speak in one sentence.

## Daily practice (60 seconds)

Morning: read the contract out loud. Evening: write one sentence about where you honored your ‘truth + care’ today.

Contract: “I choose self-respect AND connection; I won’t trade one for the other.”

## Track your triggers

Write 3 recurring moments that pull you into appeasement. Keep this PDF on your phone’s home screen for reps.

## Notes

This is not therapy; it’s a micro-protocol. If you experience overwhelming distress, pause and seek skilled support.