

The 10-Second Reset:

Personal Brain-Hijack Worksheet

Use this worksheet to personalize the 3 steps of the 10-Second Reset technique from Richard Scott's "Unshackled." Having your own go-to responses ready will make it easier to interrupt overthinking spirals quickly!

STEP 1: CATCH YOUR SPIRAL

*What are my common signs or "Oh Sh*t!" moments when I realize I'm starting to overthink or spiral?*

(e.g., Tight chest, replaying conversations, specific "what-if" thoughts, feeling overwhelmed, catastrophizing a small issue)

1. _____
2. _____
3. _____
4. _____
5. _____

STEP 2: MY "TOTALLY RANDOM" PATTERN INTERRUPTS

Brainstorm 5-10 quick, unexpected things YOU can do or say (even in your head) to break the thought pattern. The weirder, the better sometimes! Make sure they're easy to do almost anywhere.

(Examples from "Unshackled": Clap hands loudly, say "Pineapple!", spin around, splash water on face, quick silly dance)

1. My Interrupt Idea: _____

2. My Interrupt Idea: _____

3. My Interrupt Idea: _____

4. My Interrupt Idea: _____

5. My Interrupt Idea: _____

STEP 3: MY GO-TO "WHAT'S NEXT?" FOCUS SHIFTS

List 3-5 simple, actionable things you can immediately shift your attention to AFTER your pattern interrupt. These should be tasks you can start right away.

(Examples from "Unshackled": Make coffee, answer one easy email, put on shoes, drink water)

1. My Focus Shift: _____

2. My Focus Shift: _____

3. My Focus Shift: _____

4. My Focus Shift: _____

5. My Focus Shift: _____

MY RESET ACTION PLAN:

My Top Interrupt to try first: _____

My Top Focus Shift to try first: _____

Remember to practice! The more you use it, the more effective it becomes.

This worksheet is a companion to "Unshackled: The No-Nonsense Guide to Breaking Free from Anxiety, Overthinking & Panic" by Richard Scott. Find more tools and support at www.mynd.works