THE CALM WITHIN METHOD · A FREE GUIDED AUDIO

Get Out of *the Spiral*

A quick reset for when your brain won't let something go

You don't have to figure everything out before you can return to your life. Use this when you notice yourself replaying a conversation, second-guessing a decision, or searching for certainty you can't seem to reach.

YOUR 5-STEP RESET

01 **Notice the loop**

Name what's happening: “I'm back in the spiral.” You don't need to argue with the thought or work out whether it's true right now.

02 **Come back to your body**

Feel your feet on the floor or the support of the chair beneath you. Notice one physical sensation: tightness, pressure, warmth, movement, or your breath.

03 **Make room for the feeling**

Ask: “Can I let this feeling be here without fixing it right now?”

You're not trying to force calm. You're practicing staying with yourself while something feels uncomfortable.

04 **Widen your attention**

Notice the room around you. What can you see or hear? Remind yourself: there is more happening in this moment than the thought in my head.

05 **Choose your next step**

Ask: “What do I want to return to, even with this feeling here?”

Choose one small action. You don't need to wait for certainty or for the feeling to disappear.

WHEN YOUR MIND SAYS, "BUT I NEED TO FIGURE THIS OUT"

You can come back to the question later if it genuinely needs your attention. For now, ask yourself:

“Is more thinking helping me take a useful step, or am I going around the same loop?”

Notice the thought. Return to your body. Allow the feeling. Reconnect with what matters. Choose your next step.

THE CALM WITHIN METHOD

Make It Your Own

A small plan for the next time the spiral starts

You don't need to fill this out perfectly, or every time. Use it once to notice your pattern and choose a response you want to practice.

1. **MY SPIRAL USUALLY STARTS WHEN...**
   What situations, conversations, decisions, or moments tend to pull me into repetitive thinking?

2. **I NOTICE IT IN MY BODY AS...**
   What's an early physical sign that I'm getting caught up? (For example: a tight chest, clenched jaw, restless energy.)

3. **WHEN I FEEL THE URGE TO KEEP THINKING, I CAN...**
   What helps me return to my body without trying to force the feeling away?

4. **WHAT I WANT TO RETURN TO IS...**
   A person, activity, responsibility, or part of life I want to be present for, even if the question remains unanswered.

5. **MY NEXT SMALL STEP WILL BE...**
   Make it specific and doable. What will I do when I notice the spiral next time?

A REMINDER TO KEEP

The goal isn't to never overthink. It's to notice when you're caught in the loop, and practice returning to yourself and your life, even before everything feels resolved.