FREE HEALING RESOURCE



RESILIENT PHOENIX PATHWAYS

From Ashes to Ascension

HEAL ✦ EMPOWER ✦ EDUCATE ✦ SHELTER ✦ ELEVATE

PHOENIX RESET PACK

A grounding and reflection guide for moments when you feel overwhelmed, triggered, or pulled back into survival mode.

Created by Resilient Phoenix Pathways

Heal. Rise. Become.

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GROUNDING RESET

When your body feels overwhelmed, start here.

1 5-4-3-2-1 GROUNDING ✦ *Slow down* ✦ *Notice* ✦ *Return*

Bring yourself into the present moment by noticing what's around you.
Take a slow breath and complete each line.

5 things I can see: _____

4 things I can touch: _____

3 things I can hear: _____

2 things I can smell: _____

1 thing I can taste: _____

2 TRIGGER CHECK-IN ✦ *Pause* ✦ *Reflect* ✦ *Choose* ✦ *Care for yourself*

Use this space to gently process what you're experiencing.
There are no wrong answers — this is for you.

What just happened? _____

What am I feeling in my body? _____

What emotion is coming up? _____

What do I need right now? _____

What would help me feel safer in this moment? _____

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BOUNDARY + NERVOUS-SYSTEM RESET

Protect your peace and bring your body back down.

1 BOUNDARY REMINDERS

- My discomfort is information.
- I do not have to over-explain my no.
- Protecting my peace is not selfish.
- I am allowed to pause before I respond.
- I can leave what harms me.

2 QUICK NERVOUS-SYSTEM RESET

- [ ] Unclench your jaw and drop your shoulders.
- [ ] Put both feet on the floor.
- [ ] Take 3 slow breaths with a longer exhale.
- [ ] Place one hand on your chest and one on your belly.
- [ ] Name one thing that feels steady or supportive right now.

AFTER THIS RESET, WHAT DO I NEED NEXT?

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Phoenix Reset Pack

RECLAIM + RESET

Come back to your worth and the future you are building.

1 Self-Worth Affirmations

- I am safe to choose myself.
- What happened to me does not define my worth.
- I can learn new patterns.
- I deserve peace, softness, and truth.
- Healing does not have to be perfect to be real.

2 Mini Cycle-Breaking Worksheet

- A pattern I am ready to break:
- This pattern taught me:
- What I want to choose instead:
- One boundary or action I can take this week:
- A note to myself:

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