Season 1 | Episode 7: Interrogating Narratives & Somatic Resets

Aguided companion formanagingrelationshipanxiety,auditinguncommunicatedexpectations,andcalming thebody duringRSD tsunamis.

TOOL #1 | THE EVIDENCE PAUSE

When you notice your brain starting to plan a friendship funeral, you need to hit the emergency brake. Interrogate the narrative and separate fact from fiction by asking four specific questions:

- **What actually happened?** (The objective, video-camera facts. Example: ***They didn't reply to my text for four hours.***)
- **What story did my brain tell me?** (Example: ***They hate me and they are ghosting me.***)
- **What evidence supports this story?** (Example: ***None. They haven't actually said anything hurtful.***)
- **What evidence contradicts this story?** (Example: ***We had a great phone call on Tuesday, and they invited me to their wedding last week.***)

Creating this separation forms a vital wedge of space between the stimulus and your intense reaction.

YOUR REFLECTION:

Pause. Notice. Reflect.

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TOOL #2 | THE EXPECTATION AUDIT

The next time you find yourself feeling deeply resentful, frustrated, or hurt by a friend or partner, ask yourself this single, highly uncomfortable question:

> ***"Did I explicitly communicate my expectation out loud using real words, or did I silently hope they would just love me enough to know?"***

If you didn't explicitly communicate it, you cannot penalize them for breaking an internal rule they didn't know existed. This realization alone can dismantle fifty percent of relationship anxiety.

YOUR REFLECTION:

TOOL #3 | THE NERVOUS SYSTEM RESET

When the RSD tsunami hits, stop trying to logically think. Drop directly into the body and regulate your physiology using a structured somatic reset:

1. The Physiological Sigh: Take a double inhale through your nose—one deep breath, then a sharp sniff at the very top to fully inflate the lungs. Then, execute a long, slow, sighing exhale through your mouth. Do this twice to mechanically slow your heart rate down within seconds.

2. Ground the Body: Feel your feet flat on the floor. Push your heels firmly into the ground. Feel the weight of your body sitting in your chair. Prove to your brain that gravity is holding you and you are safe.

3. The 5-4-3 Orienting Method: Look around your physical environment and identify safety. Name out loud: 5 things you can see, 4 things you can hear, and 3 things you can physically feel.

YOUR REFLECTION:

Pause. Notice. Reflect.

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