

The Open Fist Reset

“Why can’t I just get it done?”

“What’s wrong with me?”

There’s nothing wrong, I promise you.

I used to stress and procrastinate for hours, but still not actually do the work. I wasn’t avoiding work to do fun stuff; *avoiding* took up far more time and energy than *doing* would have.

Or I’d get started but then slow to a halt. I’d notice my mind had wandered, my jaw and fists clenched, and I’d feel like I was falling towards disaster.

There was nothing wrong with me. Getting stuck or having feelings is not a sign of a character flaw.

It’s a sign you might be:

thinking too much

feeling too much or trying not to feel at all

holding too much tension

Trying to think your way out can make things worse.
Beating yourself up will definitely make you feel worse.

You don’t need to think your way back on track.

You need to reset.

The Open Fist Reset

Five moves to get unstuck, refocus and restart.



O - OPEN ***Reset your attention***

Clench your fist, feel the tension

Open your hand.



1st finger

F - FEEL ***Regulate your feelings***

Notice what's happening, don't judge it

Where and what are you feeling?



2nd finger

I - INHALE ***Relax your posture***

Breathe slowly and deeply into your belly



3rd finger

S - SOFTEN ***Reframe your thinking***

Relax your body

Say to yourself, "I'm ok, I can do this."



4th finger

T - THIS ***Restart your work***

Work out just the next small step

Say to yourself, "Just this, Just for now"