

# The ROOTS Reset Worksheet

*Take one real trigger and walk it through all five ROOTS steps: Reset, Observe, Origin, Transform, Soothe. Work slowly. There are no wrong answers here.*

THE TRIGGER I AM WORKING WITH

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## R — Reset (calm the body first)

Before you analyse anything, drop your arousal. Try a physiological sigh: two short inhales through the nose, one long slow exhale through the mouth. Repeat 5 times.

☐ I did 5 physiological sighs before writing

BODY SENSATIONS I NOTICED (0–10 INTENSITY)

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## O — Observe (what actually happened)

Facts only, like a camera. Where were you, who was there, what was said or done, and what did you do in the first 10 seconds?

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## O — Origin (find the root)

Ask: when have I felt this exact feeling before? What did this moment mean to me — disrespect, abandonment, unfairness, failure, being unsafe?

THE FEELING UNDERNEATH THE ANGER

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THE EARLIEST TIME I REMEMBER FEELING THIS

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## T — Transform (change the thought and the response)

HOT THOUGHT (WHAT MY ANGER SAID)

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COOLER THOUGHT (WHAT IS ALSO TRUE)

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WHAT I WILL DO DIFFERENTLY NEXT TIME THIS TRIGGER FIRES

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## S — Soothe (repair and reset)

Anger burns energy. Close the loop so it does not leak into the rest of your day.

- ☐ Movement (walk, stretch, shake out)
- ☐ Water, food or sleep — the physical basics
- ☐ Repair conversation, if someone was hurt
- ☐ One kind sentence to myself

MY SOOTHING PLAN FOR THE NEXT 24 HOURS

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## One sentence summary

"When \_\_\_\_\_ happens, I feel \_\_\_\_\_ underneath, because it reminds me of \_\_\_\_\_ . Next time I will \_\_\_\_\_ ."