**QUICK RESET**

We will do a “quick-reset” to begin each session. This skill also will become your “emergency” reset in behavioral re-activation trigger events. You will learn how to do this “reset” in the sitting position, but it can be done in the standing position. To increase the impact, it is vital that you have gained the “Mindful Movement” skill.

Quick Reset: Begin the Progressive Relaxation by tensing the facial muscles, moving quickly down to tensing the shoulders, then tensing the arms, then tensing the pelvic, then tensing thighs, and ending with feet. This entire process will be very quick, and increasing in speed with practice. You will breath in with count of 4 during this entire tensing process. Then quickly release all tension throughout all body muscle groups, with the extended 8-count exhale. The Quick Reset is more effective if you can do the entire process, with the audible sigh. But if you are in a public setting, you can omit the facial tensing and the audible sound, but do not minimize the exhale. Then do a Quick Internal Body Scan, followed by Quick External Sensory Scan, maintaining 4-8 breath during this scanning.