



Free Guide

Interrupt **the Loop**

A simple, grounded tool you can use in 5 minutes when you feel pulled into the same reaction again.

By Cindy Santi

Use this when you feel the old reaction starting before you have had time to choose.

This is not about pretending you are calm. It is about creating enough space to respond from clarity instead of momentum.

Pause the pattern. Get clear. Choose your next step.



Step 1 - Notice What's Happening

Before you fix it, name it. Pause and ask:

- What am I reacting to right now?
- What feels threatened, rushed, or familiar?
- What story am I telling myself?
- What is my body doing in this moment?

30-Second Reset

Unclench: Relax your jaw, hands, and shoulders.

Exhale: Let your first breath be longer than the inhale.

Slow down: Give yourself a moment before you respond.

Step 2 - Interrupt the Loop

Create space between the trigger and the reaction.

1. **Stop:** Do not act from the first wave.
2. **Separate:** This feeling is real. It is not the whole truth.
3. **Steady:** Breathe, soften your shoulders, and come back to the present.

You are not stuck in the old response unless you repeat it.



Step 3 - Choose a Clear Next Step

Choose one grounded response:

- Ask for a pause.
- Write before you reply.
- Take a 5-minute walk.
- Speak the truth calmly.

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Awareness first. Then choice.