

Temperature Reset Worksheet

Name: _____ Date: _____

This exercise helps regulate intense emotions by using natural temperature changes of coolness or warmth to calm the nervous system. It is especially useful during moments of overwhelm, anxiety, or emotional escalation.

When to Use This

- When emotions feel too intense (anger, panic, distress)
- When your body feels overheated, tense, or agitated
- When you need a quick, physical reset

Step 1: Check In

Pause and notice your current state.

What am I feeling right now?

Where do I feel this in my body?

Intensity level (0–10): _____

Step 2: Choose a Temperature Shift

Select a natural way to gently change your body temperature.

First ask yourself:

1. Am I too hot or too cold right now?
2. What's the relationship between my body temperature and my emotional state?

Cooling Options:

- Splash cool water on your hands or face
- Hold a cool stone or sit near water
- Move into shade or a breezy area

Warming Options:

- Step into sunlight
- Wrap in a blanket or warm clothing
- Hold a warm object like a sun-warmed stone

What I chose and why:

Step 3: Mindful Engagement

Spend 1–3 minutes fully focusing on the temperature change.

1. Notice the sensation on your skin
2. Track how it spreads or shifts in your body
3. Breathe slowly as you experience the change

What do I notice physically?

Step 4: Let the Body Respond

Allow your body to naturally settle without forcing it.

- Notice if your breathing changes
- Notice if tension increases or decreases
- Stay present with the sensation

What is changing in my body?

Step 5: Check In Again

After a few minutes:

Intensity level (0–10): _____

What feels different, even if slightly?

Optional Anchor

Pair the sensation with a simple phrase. Example:

“Cooling and calming”

“Warming and softening”

“My body can reset”

My phrase: _____

Closing

1. Take a slow breath.
2. Notice your surroundings.
3. Gently return your attention to the present moment.

Practice Note

Even small physical shifts can create meaningful emotional changes. You are helping your body remember how to move from intensity toward balance.