

YOUR FIRST WEEK AFTER OUR CALL

The 7-Day Reset

Small steps, in order. Do one per day. Text me any day it's hard.

Day 1 — Calm YOU first

Practice the 90-second rule. When you feel the yell coming: cold water, 4 slow breaths, then respond.

Day 2 — Set the calm corner

Pick the spot. Add 3 body tools. Show your child — don't require it.

Day 3 — Rehearse Tonight's Script

Read one script out loud 3x before the moment. Muscle memory beats willpower.

Day 4 — Cut one trigger

Pick the smallest one. Change the environment, not the child.

Day 5 — Repair on purpose

Even if the day went well. "I loved when you ___ today."

Day 6 — Share the itinerary

Send the one-page plan to your partner, teacher, or therapist.

Day 7 — Reflect + refine

What worked once? Do it twice next week. What flopped? We'll fix it on the follow-up.

Progress > perfection. One repaired moment this week is a bigger win than 100 pins on Pinterest.