

THE DECISION RESET

A 5-Step Reset for Clear Thinking Under Pressure

The Wise Ashes · thewiseashes.com

WHEN TO USE THIS TOOL

Use this reset when you feel emotionally charged, sense urgency to decide, are looping mentally, are about to send a reactive message, or feel pressure to explain or defend.

REMEMBER

You do not make clean decisions from activation. Pause first.

1

SEPARATE FACT FROM STORY

What are the observable facts — no interpretation, no emotion?

Go deeper: What story am I layering on top?

“This is the story — not the truth.”

2

REMOVE THE IMAGINED FUTURE

What am I predicting? What fear is driving the urgency?

Go deeper: Is this fear based on evidence or assumption?

“I do not decide from imagined futures.”

3

CHECK ALIGNMENT

If fear were removed, what would remain true?

Go deeper: What would the steady version of me choose right now?

“I choose from alignment, not pressure.”

4

ONE CLEAN ACTION

What action protects my peace without abandoning myself?

Go deeper: Is this action coming from clarity or from wanting it to be over?

“My next aligned action is ____.”

5

ANCHOR YOUR SOVEREIGN SELF

What did choosing consciously just prove about you? Name it.

Go deeper: How does this choice reflect who you are becoming?

“I build self-trust through repetition. That is who I am becoming.”

AFTER EACH STEP, CHECK:

If clarity increases → take aligned action.

If anxiety increases → pause 24 hours.

If resentment increases → a boundary is required.

YOU CANNOT CONTROL

Other people · Outcomes · Timing

YOU CAN ALWAYS CHOOSE

Your perception · Your assent · Your next aligned action

If you find yourself needing structured clarity during a transition or decision point, a Clarity Session offers a steady space to think clearly with support — thewiseashes.com

“Own your choices. Trust your knowing. Find your freedom.”

The Wise Ashes · thewiseashes.com