



DEUS INTUS

Awaken the Power Within

THE 7-MINUTE STATE RESET

A grounded interruption ritual for
returning to centre before pressure
becomes behaviour.

★ DIGITAL COMPANION · DI-DP-002 ★

BEGIN HERE

You do not need to solve the whole day.

You need enough space to choose the next response.

USE WHEN

Triggered, rushed, mentally noisy, emotionally charged or drifting into avoidance.

CORE OUTCOME

A steadier body, clearer naming of the state and one deliberate next action.

OPERATING PRINCIPLE

Do not force calm. Create enough space for choice.



SEVEN STAGES / SEVEN MINUTES

Stop. Breathe. Name. Release. Orient.
Choose. Commit.

Use before replying, deciding, abandoning a task or carrying one difficult moment into the next.

The reset is not an escape from reality. It is how you return to reality with more authority.

SNAPSHOT / NOT A DIAGNOSIS

Record the state before you try to change it.

The comparison after seven minutes matters more than whether you feel completely calm.

1. NAME THE CURRENT STATE

pressured	angry	flat	scattered
anxious	rushed	defensive	overloaded
avoidant	clear	other	

WHAT HAPPENED IMMEDIATELY BEFORE THIS?

2. IDENTIFY THE BEHAVIOUR AT RISK

React immediately Reply, speak or decide before the state settles.	Withdraw or avoid Disappear from the task, conversation or decision.
Abandon the plan Treat one difficult moment as proof the whole sequence has failed.	Over-control Grip harder, force certainty or attempt to manage what is not yours.

THE BEHAVIOUR I AM MOST AT RISK OF CHOOSING IS...

INTENSITY / 10

WHERE I FEEL IT

PERMISSION

I do not need to act this state out to prove it is real.

420 SECONDS / ONE POINT OF RETURN

The seven-minute architecture.

0:00-0:45

1. ARRIVE

Stop the sequence. Stop moving. Place both feet down. Let the body know the interruption is over.

0:45-1:45

2. EXTEND THE EXHALE

Create physiological space. Breathe in gently. Make the exhale slightly longer. Repeat without forcing.

1:45-2:30

3. NAME THE STATE

Use plain language: pressured, angry, flat, scattered, anxious, rushed or clear.

2:30-3:30

4. RELEASE THE GRIP

Remove unnecessary tension. Unclench jaw, shoulders, hands and stomach. Reduce unnecessary effort.

3:30-4:30

5. ORIENT

Return to the present. Notice three things you see, two you hear and one physical sensation.

4:30-5:45

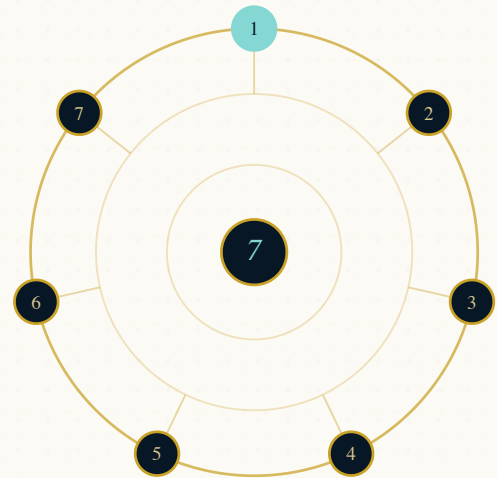
6. CHOOSE THE RESPONSE

Recover deliberate authority. Ask: what outcome matters, what is mine to control, what response protects it?

5:45-7:00

7. COMMIT

Convert clarity into behaviour. Choose one action small enough to complete immediately. Begin before the timer ends.



1	2	3	4	5	6	7
ARRIVE	EXTEND THE EXHALE	NAME THE STATE	RELEASE THE GRIP	ORIENT	CHOOSE THE RESPONSE	COMMIT

DO

Move through each stage in order. Let the timer carry the structure so you do not have to remember what comes next.

DO NOT

Use the reset to suppress emotion, avoid a necessary conversation or force yourself to feel positive.

I

STOP THE SEQUENCE

ARRIVE

0:00-0:45 / 45 SECONDS

The first intervention is physical: stop moving, place both feet down and allow the body to register that you have interrupted automatic momentum.

- 1 Stop walking, typing or rehearsing.
- 2 Place both feet in contact with the floor.
- 3 Let the chair, wall or ground carry some weight.



PRIVATE PROMPT

What am I interrupting right now?

Nothing has to be solved in this first forty-five seconds.

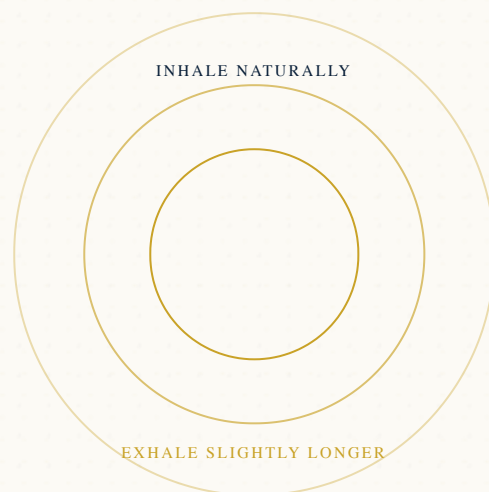
II

CREATE PHYSIOLOGICAL SPACE

EXTEND THE EXHALE

0:45-1:45 / 60 SECONDS

A slightly longer exhale can reduce unnecessary effort and signal that immediate action is not required. The aim is not forced calm; it is enough space for choice.



- 1 Inhale naturally.
- 2 Let the exhale become a little longer.
- 3 Repeat without straining or holding.

PRIVATE PROMPT

Where can I reduce effort by five per cent?

Breathe gently. If breathwork feels uncomfortable, return to normal breathing.

III

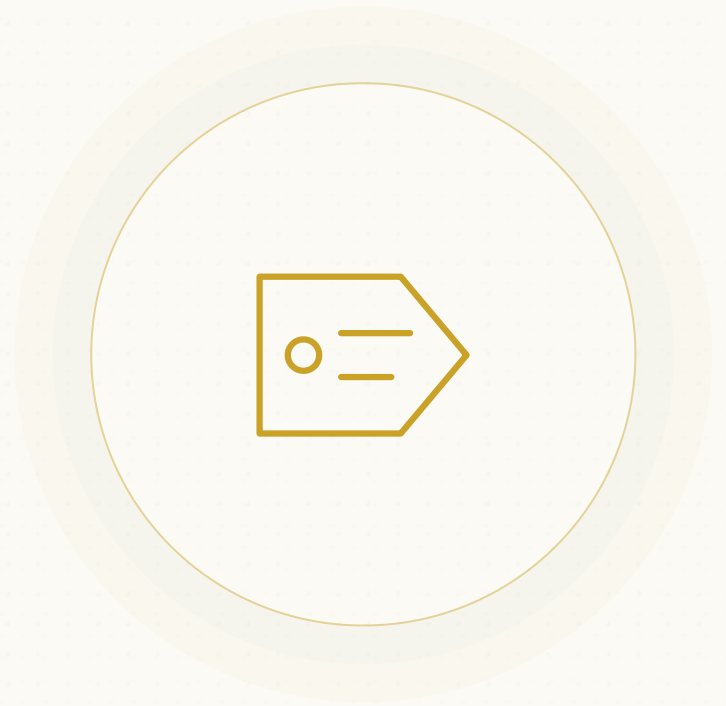
USE PLAIN LANGUAGE

NAME THE STATE

1:45-2:30 / 45 SECONDS

Naming the state separates experience from identity. “I am noticing pressure” preserves more agency than “I am a mess.” Accuracy reduces the need to act the feeling out.

- 1 Pressured
- 2 Angry
- 3 Flat
- 4 Scattered
- 5 Anxious
- 6 Rushed
- 7 Clear
- 8 Other



PRIVATE PROMPT

The state I am noticing is...

Choose the simplest honest word, not the most dramatic one.

IV

REMOVE UNNECESSARY TENSION

RELEASE THE GRIP

2:30-3:30 / 60 SECONDS

Pressure recruits the body. A clenched jaw, raised shoulders or tight hands can keep the threat signal active even when the situation does not require it.

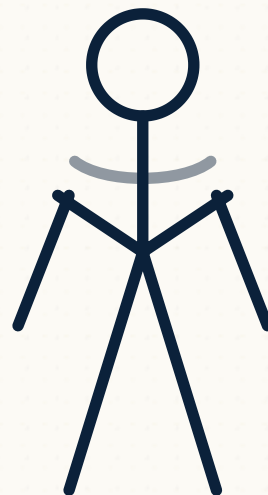
- 1 Jaw and tongue
- 2 Shoulders and neck
- 3 Hands and forearms
- 4 Stomach and breath

SHOULDERS

JAW / TONGUE

STOMACH

HANDS



PRIVATE PROMPT

Where is my body gripping?

Release only what is unnecessary. Keep the strength you need.

V

RETURN TO THE PRESENT

ORIENT

3:30-4:30 / 60 SECONDS

Orientation interrupts internal looping by reconnecting attention to the environment. This is not distraction; it is a deliberate update of where you actually are.

- 1 3 things I can see
- 2 2 sounds I can hear
- 3 1 physical sensation

3

See

2

Hear

1

Feel

PRIVATE PROMPT

What proves I am here, now?

Notice three things you see, two you hear and one physical sensation.

RECOVER DELIBERATE AUTHORITY

CHOOSE THE RESPONSE

Once the state is steadier, return to the outcome. Separate what matters from what is loud, and what you control from what belongs to someone else.

01

What outcome matters?

02

What is mine to control?

03

What response protects it?

CHOICE POINT

What response protects the outcome that matters?

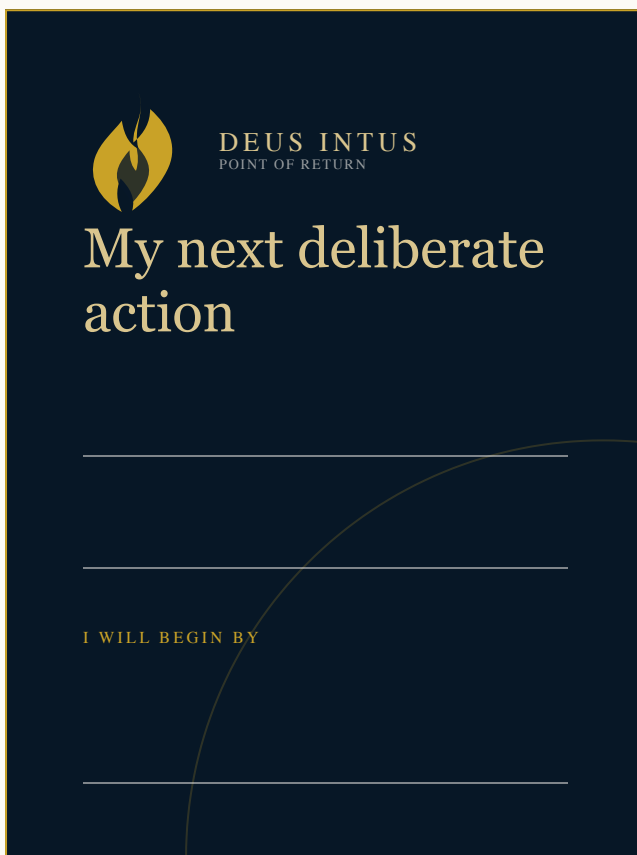
MY CHOSEN RESPONSE, STATED PLAINLY

A chosen response can still be firm. Regulation is not passivity.

CONVERT CLARITY INTO BEHAVIOUR

COMMIT

The reset closes with action. Choose one step small enough to begin now, so the ritual produces evidence rather than becoming another moment of reflection without movement.



DEUS INTUS
POINT OF RETURN

My next deliberate
action

I WILL BEGIN BY

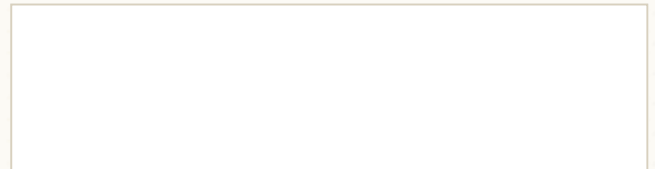
MAKE THE COMMITMENT EXECUTABLE

- ☐ Small enough to begin now.
- ☐ Specific enough to know when it is complete.
- ☐ Connected to the outcome that matters.
- ☐ Within my control.

FINAL INSTRUCTION

Begin before the timer ends.

THE FIRST PHYSICAL MOVEMENT IS...



MEASURE THE SHIFT HONESTLY

The goal was enough space for choice.

A useful reset may move the state only slightly. Record what changed, what did not and the response you chose.

BEFORE		AFTER
State 	→	State now
Intensity / 10 		Intensity / 10
Behaviour at risk 		Response chosen

WHAT SHIFTED, EVEN SLIGHTLY?

1	2	3	4	5
---	---	---	---	---

EVIDENCE THAT CHOICE RETURNED

WHAT STILL NEEDS ATTENTION?

REPEAT UNDER REAL PRESSURE

Days one to four.

Use the reset before the behaviour, not only after the consequences. Record enough detail to recognise the recurring trigger.

DAY	TRIGGER	STATE NAMED	RESPONSE CHOSEN	SHIFT /5
1				
2				
3				
4				

THE EARLIEST SIGNAL I NOTICED

THE STAGE THAT HELPED MOST

REVIEW THE PATTERN

Days five to seven.

DAY	TRIGGER	STATE NAMED	RESPONSE CHOSEN	SHIFT /5
5				
6				
7				

WHICH TRIGGERS REPEATED?

WHICH CHOSEN RESPONSES PROTECTED THE OUTCOME?

SEVEN-DAY READING

- ☐ I recognised the state earlier.
- ☐ I shortened the recovery period.
- ☐ I reduced one predictable reaction.
- ☐ I began a deliberate action sooner.

MY NEXT POINT OF RETURN

CUT / KEEP / PHOTOGRAPH

Your portable interruption sequence.

Keep one card near your workspace and one inside a journal, bag or garment packaging.



DEUS INTUS
7-MINUTE STATE RESET

One honest point of return.

- 1 ARRIVE**
Stop the sequence
- 2 EXTEND THE EXHALE**
Create physiological space
- 3 NAME THE STATE**
Use plain language
- 4 RELEASE THE GRIP**
Remove unnecessary tension
- 5 ORIENT**
Return to the present
- 6 CHOOSE THE RESPONSE**
Recover deliberate authority
- 7 STOP IF BREATHING FEELS UNCOMFORTABLE. COMMIT**
Convert clarity into behaviour



DEUS INTUS
7-MINUTE STATE RESET

One honest point of return.

- 1 ARRIVE**
Stop the sequence
- 2 EXTEND THE EXHALE**
Create physiological space
- 3 NAME THE STATE**
Use plain language
- 4 RELEASE THE GRIP**
Remove unnecessary tension
- 5 ORIENT**
Return to the present
- 6 CHOOSE THE RESPONSE**
Recover deliberate authority
- 7 STOP IF BREATHING FEELS UNCOMFORTABLE. COMMIT**
Convert clarity into behaviour

WEAR THE MESSAGE / PRACTISE THE RETURN

Attach the ritual to a visible cue.

The garment or symbol becomes useful when it reminds the wearer to interrupt pressure before it becomes behaviour.

PHYSICAL PAIRING

Inner Command
Return to Centre
Master Your State

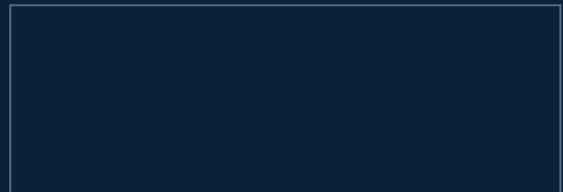
DIGITAL ROUTE

/free/7-minute-state-reset/

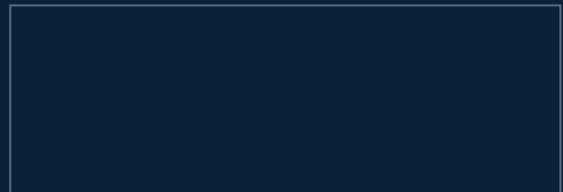
Free companion, QR-linked garment ritual and email capture asset.

MY IMPLEMENTATION

The cue I will attach the reset to is:



The situation in which I will use it first is:



IMPORTANT NOTE

This is a reflective wellbeing practice, not treatment or crisis support. Stop if any breathing practice feels uncomfortable and return to normal breathing.

You do not need a perfect week. You need one honest point of return.