

The 3-Minute Reset

Orientation, Then Choice

Tobey here.

If you're opening this because you feel activated, foggy, overwhelmed, or like your brain is running ten tabs at once, you are exactly who this is for.

This is not homework. It's a reset button.

The 5-4-3-2-1 practice is a simple way to bring your nervous system back into the present by using your senses as anchors. It helps your body update the message from "something is happening" to "I am here, and I have options."

A few important permissions before you start:

- Keep your eyes open if that feels safer.
- You can pause at any time.
- You do not need to feel calm for this to work.
- A 2 percent shift counts.

If you are in Armor, this practice helps slow urgency and widen the lens.

If you are in the Chrysalis, it helps you come back online gently.

If you are already in Butterfly, it strengthens your ability to stay connected and present.

Use it once. Use it badly. Use it in the middle of a messy day. It still works, because the goal is not perfection. The goal is noticing.

Orientation comes first. Choice comes next.

Let's begin.

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Use this anytime. Especially when your brain wants to argue with the fact that you are activated.

5: Sight

Name five things you can see. Let your eyes move slowly. No analyzing. Just seeing.

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

4: Sound

Name four things you can hear. Include something nearby and something farther away.

Near: _____

Near: _____

Far: _____

Far: _____

3: Sensation (Three Layers) Pick one from each category.

One physical sensation (Pressure where you are sitting, warmth in hands, feet on floor, or clothing on skin)

One emotional sensation (Not a story. Just a tone. Calm, irritation, heaviness, curiosity, grief, relief).

One somatic (internal) sensation (Breath, heartbeat, swallow, flutter, emptiness, tightness, temperature)

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2: Smell

Notice two smells. If nothing is obvious, you are allowed to smell your armpit.
Science is flexible like that.

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1: Taste

Notice one taste. Taste the inside of your mouth. Saliva counts.

30-Second Add On --- Sensation vs Story

Name one sensation: _____

Name the story: _____

Decouple: “This is a sensation. The story can wait.”

This Quickstart is the first rung. The full structure, deeper explanations, and step by step practices live in The Butterfly Blueprint Workbook.

[Get the full workbook](#)

If you want support that is paced, body-based, and trauma-informed:

[Book a 1:1 Session](#)