

# The TrueSnap™ Emotional Rewire Method

## You Don't Need an Hour to Calm Down—You Need Two Seconds

Most people don't melt down gradually. They snap. A sharp tone, a dismissive glance, or a wave of uncertainty can hijack your entire nervous system. Before you know it, you've shut down, lashed out, spiraled into silence—or disappeared into your thoughts.

Even if you've read all the books, practiced all the tools, and tried to “stay calm,” your body doesn't always care. It reacts before your mind has a chance to intervene.

But what if you could interrupt that pattern—before it takes over?

**TrueSnap™** is a 2-second nervous system reset method designed to give you that moment back. It's simple, fast, and backed by cutting-edge research in neuroscience, psychology, and somatic therapy. It works in the exact moment when most other tools don't.

This isn't a mindset trick. It's a physiological intervention—a way to rewire the emotional reaction before it becomes your reality.

You don't need privacy. You don't need tools. You don't need an ideal environment. You need **two seconds, your own body, and a clear script.**

## Why Traditional Tools Often Fail in the Moment

Most emotional regulation strategies—journaling, deep breathing, positive affirmations—require your **prefrontal cortex** to be online. But in a stress response, your **amygdala** activates first. This is known as **neuroception** (Dr. Stephen Porges), your body's subconscious scan for safety or threat.

By the time your mind catches up, your system is already hijacked.

That's why we overreact. Why we freeze. Why we disappear into overthinking. It's not because we're irrational—it's because **the body gets there first.**

TrueSnap™ is built to interrupt that sequence at the level of the body, not the thoughts.

## The Full TrueSnap™ Reset Sequence

Here's how it works—step by step—with all instructions included:

## Step 1: Chest Anchor + Grounding Inhale

Place your non-dominant hand over your chest. This stimulates interoceptive awareness and signals self-contact. Now take a full inhale through your nose or mouth, whichever feels more natural.

This moment brings **interoceptive presence**—connecting you to your body before reaction takes over.

## Step 2: First Snap + Phrase: “Own it”

Snap your dominant hand once. As you do, say (out loud or silently): **“Own it.”** This first snap is your neural interrupter. It marks the emotional activation and signals conscious awareness.

Why it works:

- Activates the **auditory processing center**, interrupting the rumination loop
- Engages motor movement to ground your body in physical reality
- Declares **ownership** over your nervous system instead of letting it control you

This is not about suppressing emotion. It’s about catching it before it becomes your default behavior.

## Step 3: Second Snap (The Flip) + Phrase

With your dominant hand again, do a quick **thumb-and-index flip**—a short flick upward, like you’re **flipping the script**. This is the second intervention, and it represents a **rewire moment**.

As you flip, say your **reset phrase**.

You may choose a general default such as:

- “I choose what happens next”
- “I’m here now”
- “I direct this energy”

Or tailor your phrase to match your emotional state. See the **Emotional Rewire Phrase Chart** below for specific matches.

Why the flip works:

- Engages the **motor cortex**, creating a bidirectional signal from action to emotion
- The upward flip gives visual and kinesthetic feedback, signaling redirection
- Anchors **choice** rather than reaction

#### **Step 4: Gaze at the Upward Thumb + Neuro-Time Cue**

Hold your thumb upright in your visual field—like a **thumbs-up** gesture—and gaze directly at it for one second. As you do, say the word: “**Now.**”

This is your time cue. The gaze focuses the optic nerve and resets visual attention. The word “Now” anchors you in the **present moment**, signaling to the brain that this is no longer a past threat or future fear.

This step is essential for sealing the reset.

Why it works:

- Eye gaze engagement stimulates **prefrontal awareness** and shuts down threat vigilance
- The word “Now” activates the **temporal lobe**, anchoring time awareness
- The thumbs-up gesture provides a **positive subconscious signal**

#### **Step 5: Emotional Awareness Quiz**

To make this even more powerful, follow with this micro-inventory:

##### **Self-Check: What Just Happened?**

1. What triggered the snap? (Be specific: tone, look, text, silence)
2. What emotion did you feel in that moment?
3. Where did it land in your body?
4. What story did your mind start to tell?
5. What did TrueSnap™ interrupt?

This quiz allows you to name the internal sequence—so you can begin to **recognize patterns over time**, not just react to them.

# What Makes TrueSnap™ So Powerful?

The TrueSnap™ Emotional Rewire Method isn't just a tool.

It's a **nervous system intervention** rooted in neuroscience, behavioral psychology, and somatic therapy.

Here's what makes it different:

## 1. It Uses All Three Channels of Regulation

Most techniques use one modality—like breathwork (somatic), or affirmations (cognitive).

TrueSnap™ integrates **auditory, visual, motor, verbal, and interoceptive** systems in 2 seconds.

- The **snap** is a powerful **auditory and tactile cue** that cuts through spiraling thoughts.
- The **flip gesture** (index to thumb inward) creates **motor activation + visual anchoring**, signaling an internal shift.
- The **breath and hand-on-heart** activate **interoception**—your sense of internal safety.
- The **spoken phrase** engages **Broca's area** and **cognitive labeling**, reducing amygdala activity.
- Saying “**Now**” engages the **temporal lobe**—grounding your perception in time, which is crucial to reduce panic and rumination.

Each part is designed to be **nervous-system-native**. You're not working against your biology. You're *partnering* with it.

## The Science Behind It

TrueSnap™ is not based on affirmations or motivation. It's rooted in decades of research on **neural plasticity, somatic science, and trauma-informed response**.

### 1. Amygdala Hijack and Neural Interruption

Dr. Joseph LeDoux's research shows that the amygdala responds to emotional stimuli in **under 2 seconds**—before the thinking brain can intervene. This means **interrupting the sequence is time-sensitive**.

### 2. Auditory + Motor Disruption

Daniel Kahneman and other cognitive researchers found that **auditory interruption plus motor engagement** can disrupt the **default mode network**, which loops negative thought cycles.

### 3. Somatic Anchoring

Dr. Kelly Lambert's work shows that movement activates the **motor cortex**, which changes emotional interpretation in real-time. The flip motion isn't symbolic—it's somatic rerouting.

#### 4. Labeling Emotions Lowers Reactivity

Research by Dr. Matthew Lieberman at UCLA found that simply **naming an emotion** reduces limbic system activity and **activates the prefrontal cortex**, the center of emotional regulation.

#### 5. Temporal Reorientation

Dr. Lisa Feldman Barrett notes that anchoring into the **present moment** can reduce the brain's prediction errors and emotional misfires. The word "**Now**" stabilizes the time awareness of the threat.

## Understanding Emotions vs. Feelings

To work effectively with emotional reactivity, it helps to understand the distinction:

- **Emotions** are immediate, automatic, biological responses to stimuli. They are unconscious and occur in the body first.
- **Feelings** are the conscious awareness and labeling of those emotions, shaped by memory, context, and interpretation.

In simple terms:

**Emotions happen to you.**

**Feelings are what you name them.**

TrueSnap™ intervenes at the level of **emotion**—but the follow-up quiz helps translate those emotions into **feelings and meaning**. Both steps are necessary for full integration.

Most people think their thoughts create their emotions. But the truth is more nuanced:

<b>Emotions</b>	<b>Feelings</b>
Fast, automatic body responses	Mental interpretation of those responses
Arise in the <b>limbic system</b> (like the amygdala)	Processed in the <b>prefrontal cortex</b>
Often unconscious at first	Become conscious through awareness
Universal to all humans	Shaped by beliefs, memories, and culture
Trigger physiological change (heart rate, muscle tension, etc.)	Trigger psychological meaning ("I feel abandoned")

### Here's the key takeaway:

You can't think your way out of an emotion.

You have to *regulate it*—physiologically—before the feeling shifts.

That's why **TrueSnap™ starts with the body.**

The snap, breath, gesture, and phrase reset your *emotional state*, which then transforms your *mental experience*.

It's like turning off the fire, not just silencing the alarm.

## Do You Snap or Spiral? (Self-Inventory)

Before you learn to interrupt your emotional spirals, it helps to know **what kind of spiral you tend to fall into.**

This short inventory helps you understand your **default nervous system reaction style.** There's no right or wrong. Only awareness.

Answer yes or no:

- I get irritated quickly when things feel out of control.
- I often shut down in conflict instead of speaking up.
- I feel overwhelmed by too many demands or sensory input.
- I try to fix others' emotions so I don't have to feel mine.
- I replay conversations in my head and wish I had said more or less.
- I avoid bringing things up because it might make someone upset.
- When I'm triggered, I either lash out, zone out, or disappear inside.
- I often don't realize I'm dysregulated until after the damage is done.

### Result:

- **4+ Yes answers:** You may benefit from *daily TrueSnap™ practice* to build faster emotional awareness and rewiring.
- **Fight style (irritated, controlling)** → Practice **calming phrases** like "I am still safe."
- **Flight style (avoidance, overthinking)** → Use grounding phrases like "I choose to stay."
- **Freeze style (shutdown, dissociation)** → Try activating phrases like "I have choice now."
- **Fawn style (over-caregiving, appeasing)** → Use boundary phrases like "I matter too."

Awareness of your default pattern is the **first rewire.**

## Emotional Reset Grid: Identify Your Emotion

Here is a simplified chart of the **eight primary negative emotions**, their possible body signals, and what you may notice in the moment:

Emotion	Possible Signs	Story Your Brain Might Tell
Anger	Tight jaw, clenched fists, heat	“This isn’t fair. I’m being attacked.”
Sadness	Heaviness, lump in throat, fatigue	“I’ve lost something important.”
Shame	Wanting to hide, hot face, smallness	“I’m not enough. I did something wrong.”
Anxiety	Racing heart, shallow breath, scanning	“Something bad is about to happen.”
Overwhelm	Spinning, blank mind, shutdown	“I can’t handle all of this.”
Jealousy	Tension in chest, comparison thoughts	“They have something I want.”
Guilt	Nausea, ruminating, pacing	“I hurt someone. I should fix it.”
Fear	Frozen posture, dilated pupils	“I’m not safe.”

## Phrase Personalizer: Emotional Rewire Phrase Chart

Once you’ve identified the emotion, you can match it with a specific **reset phrase**. You may use this in the second snap (flip) step.

Emotion	Reset Phrase 1	Reset Phrase 2	Reset Phrase 3
Anger	“I direct this energy.”	“I am safe to express.”	“This power serves me.”
Sadness	“I am enough.”	“My feelings are welcome.”	“I can sit with this.”
Shame	“This doesn’t define me.”	“I return to myself.”	“I choose compassion.”
Anxiety	“This is just a moment.”	“I choose action.”	“I am anchored.”
Overwhelm	“Just one thing.”	“I move slowly.”	“Clarity returns.”
Jealousy	“There is enough for me.”	“Their win is not my loss.”	“I stay in my lane.”
Guilt	“I can repair.”	“I learn and lead.”	“I choose integrity.”
Fear	“I am here now.”	“I am held.”	“I am not alone.”

Choose the one that **lands in your body**, not just your intellect.

## A Real-Life Story

A client shared:

“I used to spiral the second I felt ignored or misunderstood. I didn’t yell—but I’d shut down, and my partner never knew what was wrong. I started using TrueSnap™ right in those moments. Chest, breath, snap, phrase, flip. I chose ‘I am enough.’ Then I looked at my thumb and said ‘Now.’

Something changed. My voice came back. I didn’t collapse this time. I stayed. That was the first time I felt like I could catch the pattern instead of becoming it.”

## You Don’t Need to Become Someone New. You Just Need to Return Faster.

In a world that overwhelms us with information, speed, and uncertainty, what we need most is a way to **come back to ourselves quickly and safely**.

TrueSnap™ gives you a method that bypasses overthinking, rewires emotional loops, and helps you act from regulation, not reaction.

You don’t need hours of therapy to begin. You don’t need a perfect childhood. You don’t even need full belief yet.

You need a body. A breath. A flick. And a choice.

**Own it. Flip it. Say it. Now.**

This is how rewiring begins—two seconds at a time.

# The TrueSnap™ Reset in Action: Real-Life Triggers and What to Say

## 1. Someone Criticizes You in a Meeting

**Emotion Activated:** Shame + Defensiveness

**Trigger Thought:** “I sounded stupid.”

**TrueSnap™ Response:**

- Snap + say: “Own it now.”
- Flip fingers, say: “This doesn’t define me.”
- Gaze at your thumb. Say: “Now.”

## 2. Your Partner Uses a Harsh Tone

**Emotion Activated:** Rejection + Hurt

**Trigger Thought:** “They don’t care how they make me feel.”

**TrueSnap™ Response:**

- Snap + say: “Own it now.”
- Flip fingers, say: “I matter even here.”
- Gaze at your thumb. Say: “Now.”

## 3. You’re About to Press Send on an Angry Text

**Emotion Activated:** Anger

**Trigger Thought:** “They need to know how wrong they are.”

**TrueSnap™ Response:**

- Snap + say: “Own it now.”
- Flip fingers, say: “I can direct this energy.”
- Gaze at your thumb. Say: “Now.”

## 4. You Make a Mistake at Work

**Emotion Activated:** Embarrassment + Self-Judgment

**Trigger Thought:** “I can’t believe I did that.”

**TrueSnap™ Response:**

- Snap + say: “Own it now.”
- Flip fingers, say: “Progress, not perfection.”
- Gaze at your thumb. Say: “Now.”

## **5. You Walk Into a Room and Suddenly Feel Insecure**

**Emotion Activated:** Social Anxiety

**Trigger Thought:** “Everyone’s judging me.”

**TrueSnap™ Response:**

- Snap + say: “Own it now.”
- Flip fingers, say: “I belong in this room.”
- Gaze at your thumb. Say: “Now.”

## **6. You Wake Up With Dread and Overwhelm**

**Emotion Activated:** Stress + Fatigue

**Trigger Thought:** “I can’t do this day.”

**TrueSnap™ Response:**

- Snap + say: “Own it now.”
- Flip fingers, say: “Just one thing.”
- Gaze at your thumb. Say: “Now.”

## **7. Your Child Is Melting Down and You’re Losing Patience**

**Emotion Activated:** Frustration + Helplessness

**Trigger Thought:** “Why can’t they just listen?”

**TrueSnap™ Response:**

- Snap + say: “Own it now.”
- Flip fingers, say: “I can regulate first.”
- Gaze at your thumb. Say: “Now.”

## **8. You Catch Yourself Ruminating About the Past**

**Emotion Activated:** Sadness + Powerlessness

**Trigger Thought:** “It always goes wrong.”

**TrueSnap™ Response:**

- Snap + say: “Own it now.”
- Flip fingers, say: “That was then. This is now.”
- Gaze at your thumb. Say: “Now.”

## **9. You’re About to Speak Publicly and Feel Frozen**

**Emotion Activated:** Fear

**Trigger Thought:** “I’ll mess it up. I can’t do this.”

**TrueSnap™ Response:**

- Snap + say: “Own it now.”
- Flip fingers, say: “I choose presence.”
- Gaze at your thumb. Say: “Now.”

## **10. You’re About to Ghost Someone Instead of Speaking Your Truth**

**Emotion Activated:** Avoidance + Fear of Conflict

**Trigger Thought:** “It’s easier to disappear than deal with it.”

**TrueSnap™ Response:**

- Snap + say: “Own it now.”
- Flip fingers, say: “I can speak with care.”
- Gaze at your thumb. Say: “Now.”

## **11. You're Scrolling on Social Media Feeling Not Good Enough**

**Emotion Activated:** Envy + Inadequacy

**Trigger Thought:** "Everyone else has it together but me."

**TrueSnap™ Response:**

- Snap + say: "Own it now."
- Flip fingers, say: "I'm on my path."
- Gaze at your thumb. Say: "Now."

## **12. You Feel a Sudden Surge of Imposter Syndrome**

**Emotion Activated:** Insecurity + Doubt

**Trigger Thought:** "I don't belong here. They'll find out."

**TrueSnap™ Response:**

- Snap + say: "Own it now."
- Flip fingers, say: "I am already enough."
- Gaze at your thumb. Say: "Now."