

DO Therapy

Find Your 90

As emotional intensity increases, our ability to think flexibly, listen, communicate, and make intentional choices can decrease. We don't need to wait until we are completely overwhelmed to respond. This exercise helps you identify **your personal point where activation is getting high enough that you need to do something differently.**

NOTICE

Think about a recent situation when your emotional intensity became high.

Maybe you noticed:

- Faster heart rate
- Tightness or tension
- Shallow breathing
- Racing thoughts
- Repeating yourself
- Talking faster or louder
- Difficulty listening
- Becoming defensive
- Wanting to escape
- Shutting down
- Feeling an urgency to fix something

Ask: **“What happens to me when I'm getting close to my capacity?”**

Your capacity doesn't have to look dramatic. It is simply the point where **activation is beginning to reduce your ability to choose how you want to respond.**

REVIEW THE GAME TAPE

Think about what happened as your activation increased.

Ask:

- What were my earliest signals?
- What did I notice in my body?
- What happened to my thinking?
- What did I become tempted to do?
- At what point did it become harder to respond intentionally?

Then ask: **“What could I have noticed earlier?”**

The goal isn't to identify the exact moment you reached a particular number.

Find your **90 is a cue**, not a measurement.

It means: **“I'm activated enough that continuing exactly as I am probably isn't going to help.”**

PRACTICE

Choose **one thing to practice that allows you take 90 seconds to focus on down regulating when you notice yourself approaching your capacity.**

Maybe:

- Focus on your breath.
- Stop talking for a moment.
- Move your body.
- Walk a set or two of stairs.
- Get a drink of water.
- Chew on some gum.
- Change your physical environment.
- Splash your face with water.
- Ground yourself through your senses.
- Close your eyes for a moment.
- Shake your body.
- Delay the decision.
- Tell someone you need a moment.

Practice: “**When I notice _____, I will practice _____.**”

For example: “**When I notice myself repeating the same point and getting louder, I will stop talking and take a few slow breaths before continuing.**”

The goal isn't necessarily to get back to zero.

It is to take 90 seconds to **down- regulate to regain some choice.**

BUILD REPS

Practice catching your activation earlier.

Notice:

- Am I recognizing my limit soon enough?
- Which signals are most reliable?
- Which responses actually help me regulate?
- Which things seem helpful but actually keep me activated?
- How much time do I typically need?
- Am I able to make different choices when my activation comes down?

Over time, the practice becomes less about recovering after you've reached your limit and more about **recognizing when you're approaching it. NOTICE → 90 → REGULATE → REORIENT → CHOOSE**

DO Therapy

NOTICE → REVIEW THE GAME TAPE → PRACTICE → BUILD REPS → TEST & LEARN

Notice what's happening. **Review the game tape** with curiosity rather than judgment. Choose something to **practice**. **Build reps** by trying it more than once and noticing what happens. Then **test & learn**—keep what helps, adjust what doesn't, and try again.

The goal isn't to get it right. The goal is to learn from what happens.