

The FAST Pathways® Academy - Quick Re-Set in Action

This is the first technique which I share with almost everyone, and it's a useful foundation for everything else that we'll explore together. I taught it to one of the first clients whose GP recommended me - for him, problem stress showed up as losing his temper, and it happened a lot.

He used order remote controls in bulk, because when he got angry he had to break something. He said it had taken him 3 TVs to figure out that it was cheaper to smash the remote than the telly. His 9 year old daughter refused to get in the car with him because she'd seen too many outbursts of road rage (we're talking pinning the other guy against the bonnet road rage), and he reckoned it was only a matter of time 'til he got arrested. Imagine how that must have been to live with – never knowing what would set it off next, or what damage would be done.

What he only told me later was that I was the second referral his GP had made. He'd previously sent him on a 12 week anger management training, and on week 7 they told him not to bother coming any more, they couldn't help him. I love a challenge!

I taught him the Quick Re-Set and a couple of other techniques for keeping his system off that dangerous high alert, which used to so easily tip over into losing control.

Two weeks later, he returned for his second session, amazed not to have experienced another outburst. Never having gone more than 2 days before, it was quite a milestone. The last I heard from him was 5 months later, and he still hadn't had another.



Your problem stress might not show up as angry, it might be that sinking feeling when the phone rings, dreading what might be on the other end; or avoiding that person you just can't face. The Quick Re-Set is a great way to start releasing whatever hold that stress used to have over you.