****

the foot hold

ground with grace



🎯 **TOOL OVERVIEW**

When dealing with a high-conflict individual, it’s easy to get emotionally hijacked. One moment, you’re calm and collected. The next, you’re caught in their web—frustrated, defensive, or spiraling into old patterns.

The **Foot Hold** is a powerful, immediate way to ground yourself when you feel triggered. It pulls your attention out of your racing thoughts and back into your body, helping you **stay steady, clear-headed, and in control**—no matter what they throw your way.

**HOW TO USE THE FOOT HOLD IN THE MOMENTS OF MADNESS**

**STEP 1: FEEL YOUR FEET**

🧰 As soon as you feel a **spike in frustration, anxiety, or anger**, shift your focus downward.

**Notice the bottom of your feet.**
Feel them pressing into the ground, the weight of your body supported beneath you.
Wiggle your toes or shift your stance slightly to connect with the sensation.

Then ask yourself: *Is this worth my energy? Will engaging in this help my child?* If not, step away.

**STEP 2: BREATHE & ANCHOR**

🧰 Now, take a slow, deep breath **through your nose** and **exhale longer than you inhale** (this signals your nervous system to calm down).

On the inhale, think: **“I am steady.”**
On the exhale, think: **“I am in control.”**

If you’re in person, **pause before responding.** Let the silence work in your favor. If it’s a text or email, **step away before typing anything** and feel your feet on the floor.

**STEP 3: RESPOND WITH POWER, NOT EMOTION**

🧰 Once you feel more grounded, you **choose** how to respond—rather than reacting on impulse.

*Examples:*

❌ Instead of **reacting**: "You always twist things to make me look bad!"
✅ **Foot Pause → Ground → Respond calmly:** "I will not engage in rewriting the past. Let’s stick to the plan."

❌ Instead of **snapping back at a rude comment**:
✅ **Foot Pause → Feel your feet → Take a breath → Choose silence or a BIFF (Brief, Informative, Friendly, Firm) response.**

**📌 WHY THIS WORKS**

* **Interrupts the trigger cycle.** You stop reacting automatically and regain control.
* **Brings you into the present.** Instead of getting lost in past arguments or future worries, you stay here, now.
* **Keeps your power.** If they can’t trigger you, they can’t control you.

💡 **Mantra to Remember:** *"Feet on the ground, power in my hands."*