



The Emotional Bounce Back Plan

A Real-World Guide to Returning to Center When You've Had an Emotional Outburst

Why You're Here

Sometimes, despite all the breathwork, journaling, self-awareness, and deep coaching sessions... we snap. We say something we didn't mean. We feel ashamed. And the inner critic moves in fast.

This guide is your comeback map. It's your permission slip to be human and your toolkit to find your way back to your empowered, centered self—without guilt, without shame.

Your Real-Time Recovery Toolkit

These aren't just theory. These are your grab-and-go strategies for when you're already triggered:

1. Sensory Override

Splash cold water on your face. Grab something textured—a pen, your sleeve, a rock. Ground into your body to tell your nervous system: "We're safe now."

2. Power Anchor Phrase

Say it out loud: "I am triggered. I'm going to pause before I act." It sounds simple, but it snaps you back into awareness.

3. Ride the 90-Second Wave

Emotions pass. Let them crest and fall without feeding them stories. Breathe. Be still. Let it move through.



Reflection Prompts (Use After You've Calmed Down)

- What triggered me, and what does it remind me of?
- Was I reacting from my past or responding to the present?
- What part of me needed protection or care in that moment?
- What truth can I choose to believe now that I've returned to myself?

Reaffirm Your Power

Use one of these affirmations (or create your own):

- I am allowed to be human, and I am choosing to grow.
- My power is in how quickly I return to peace.
- I forgive myself, and I move forward with compassion.

Practice the Long Game

This isn't about being perfect. It's about reducing the recovery time. One day, what used to knock you down for a week will pass in a breath. Keep practicing. Keep returning.

You've got this. You're not broken. You're becoming.



About the Author



****Samatha Foster**** is a certified Transformational and Leadership Coach, Masters in NLP practitioner, and hypnotherapist. She's the creator of the *Venus Mastermind*—a sacred space for ambitious people ready to lead with soul, rise with integrity, and reclaim their power. Her work blends neuroscience, ancient wisdom, and fierce compassion to help you shift from burnout to brilliance.

When she's not coaching clients through life's messiest moments, you'll find her talking to the moon, designing her next course, or quietly resetting her nervous system with matcha and mantras.