



BRING YOUR MIND TO THE GAME  
**SPORT PSYCHOLOGY**  
&  
**MENTAL TRAINING**

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## Rapid Reset Protocol

***Quiet the Amygdala. Stop Rumination. Refocus Forward.***

This is a **between-points mental reset routine** — designed for in-moment action.

It combines:

- Controlled breath (physiological reset)
- A physical anchor (somatic interruption)
- A cue word (attentional redirection)

It builds directly on the in-game reset structure from [The ARC Protocol](#) and integrates cue word principles from the [Cue Word List](#) .

This is not pre-match.

This is 5–7 seconds between points.

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### Why This Works (Neuroscience Bite)


When you miss a shot:

- Amygdala activates (threat detection)
- Frontal cortex increases verbal overanalysis
- Internal dialogue becomes: “*Why did I do that?*”
- Attention shifts backward

If you do nothing → rumination continues into the next point.

A rapid reset works because it:

1. Slows physiology (breath regulates nervous system)
2. Interrupts the mental loop (physical anchor)
3. Redirects attention forward (cue word + next-task focus)



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You are shortening emotional recovery time.

Elite athletes don't feel less.

They recover faster.

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## **The 5–7 Second Rapid Reset Routine**

### **Step 1 — Neutral Acknowledgment (1 second)**

Internally say:

- “Done.”
- “Out.”
- “Gone point.”
- “Okay.”

No analysis.

No emotion.

No story.


Just label it. Box it for later.

This prevents rumination from forming.

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### **Step 2 — One Regulation Breath (2 seconds)**

- Inhale through the nose (slow, controlled)
- Long exhale through mouth
- Drop shoulders
- Unclench jaw



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Not dramatic breathing.

Just one or two clean reset breaths.

This tells your nervous system: *We are not in danger.*

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### **Step 3 — Physical Anchor (1–2 seconds)**

Choose ONE small repeatable action:

- Touch index finger to thumb (discreet mudra anchor)
- Tap racket strings
- Adjust wristband
- Brush hand on shorts
- Press thumb into palm

Important:

It must always be the same action.

The brain interprets repetition as predictability.

Predictability reduces uncertainty.

This becomes your “reset button.”


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### **Step 4 — Cue Word (1 second)**

Immediately after the anchor, say your cue word internally.

Examples (from [Cue Word List](#)) :

- “Next.”
- “Here.”
- “One.”



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- “Present.”
- “Trust.”
- “Seams.” (if ball focus)
- “Smooth.”

Rule for choosing:

- Overthinking → “Here” / “Present”
- Tension → “Smooth” / “Loose”
- Self-doubt → “Trust”
- After mistake → “Next”

One word.

Not a sentence.

It occupies the conscious mind just enough to prevent interference.

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## Step 5 — Forward Task Lock (Immediate)


Shift attention to something actionable:

- Where is my opponent standing?
- What is my serve target?
- What is my return plan?

This is critical.

You must end on **process focus**, not emotion.

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## What It Looks Like in Real Time (Tennis Example)

Situation: Hit the shot out.

1. Mentally Acknowledge "Gone."
2. Slow inhale → long exhale
3. Thumb to index finger touch
4. "Next."
5. Walk to baseline and choose serve target

Total time: ~5 seconds.

Emotion does not get time to spiral.

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## Training the Rapid Reset

You must practice it deliberately.

### In Practice:


- Use it after every unforced error.
- Even when you don't feel emotional.
- Build automaticity.

### In Visualization:

Add mistake recovery moments and rehearse:

Accept → Breath → Anchor → Cue → Commit

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## Important Rules

- Never skip the breath.
- Never change the anchor randomly.
- Never use long self-talk.
- Never analyze during competition. Keep it for later.

Analysis happens after the match.

Execution happens now.

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## Final Note

The goal is not:

“I don’t get affected.”

The goal is:

“I recover quickly. With a very specific reset routine.”

Your brain learns through repetition.

***Keep going! :)***