

# The Summer Reset Pack

Five worksheets for the season when everyone else's summer looks better than yours, rest feels like slacking, and the good moments don't seem to count.

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## How to use this pack

- You don't need to do it in order. Start on whichever page matches today.
- Write thoughts down *exactly as they sound in your head* — unedited. The worksheet works on the real sentence, not the polite version.
- Print it, or keep it on your phone and copy the prompts into notes. Reuse pages as often as you like.

### What's inside

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This pack is inspired by CBT (cognitive restructuring and thought records). It's mental first aid, not therapy, and it doesn't replace professional support.

# Your inner critic in summer

Four voices get louder when the days get longer. Find yours — then use its one defusing question.

## The Perfectionist

Audits every weekend for whether it was a "good summer." The standard moves every time you get close.

*Ask: "Who is grading this summer — and did I ever agree to the rubric?"*

## The Comparer

Measures your unedited life against everyone's highlight reel. Nobody posts the boring Tuesday.

*Ask: "Am I comparing my backstage to their stage?"*

## The Minimizer

Files every good moment under "nothing special" before it can land. That's a filter, not the truth.

*Ask: "If a friend described this exact day, would I call it nothing?"*

## The Guilt-Tripper

Can't let you rest because someone, somewhere, might need something. The debt collector is in your head.

*Ask: "Did they actually ask — or did I invent the obligation?"*

Not sure which is loudest? The 2-minute quiz at the link below scores you across all four.

# The comparison spiral

For the moment a post, a photo, or a group chat makes your perfectly decent summer feel suddenly small.

**1 • What did I see, and what did my brain conclude? (Write the verdict word-for-word — e.g. "I'm falling behind.")**

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**2 • What do I actually know about their unedited version — the logistics, the cost, the mood behind the photo?**

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**3 • What happened in MY last 48 hours that a stranger might envy if I posted it?**

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**4 • Rewrite the verdict as a fair sentence. (Fair = compares full life to full life, or doesn't compare at all.)**

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# The dressing-room reframe

For the body thought that hits in the fitting room, the group photo, or the moment before saying yes to the beach.

**The thought, exactly as it sounded:**

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**The realist — what's actually true? (Would this thought survive being said out loud, to a witness?)**

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**The growth view — what would "showing up anyway" look like this week, at the body I have today?**

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**The compassionate voice — what would I say to a friend who whispered this exact sentence to me?**

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The dread isn't information about your body. It's information about the standard you've been handed.

# The "perfect summer plans" log

Anticipatory anxiety makes predictions. This log makes it show its work — most worries feel less true 24 hours later, and this is how you prove it.

| DATE | THE WORRY / THE STANDARD | WHAT ACTUALLY HAPPENED | STILL TRUE TOMORROW? |
|------|--------------------------|------------------------|----------------------|
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Tip: log the worry *before* the event, and fill the last two columns after. The gap between columns 2 and 3 is the whole lesson.

# Post-event decompress

For the replay loop after the barbecue, the wedding, the group trip — when your brain starts the highlight reel of everything you said wrong and everyone you might have let down.

**1 • The moment my brain keeps replaying:**

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**2 • The verdict it attached ("they think...", "I should have...", "I let \_\_\_\_ down"):**

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**3 • Evidence check — did anyone actually say or do anything that supports the verdict?**

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**4 • If someone else did the exact same thing at that event, what would I honestly think of them?**

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**5 • One sentence of permission to close the tab (e.g. "I was a guest, not the host of everyone's feelings."):**

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# When paper isn't enough

These pages work because slowing a thought down works. Two ways to keep going:

## **Find your loudest critic — free 2-minute quiz**

8 questions, no email, instant result: Perfectionist, Comparer, Minimizer, or Guilt-Tripper — and what feeds yours.

*[mindliftapp.app/quiz/inner-critic-summer](https://mindliftapp.app/quiz/inner-critic-summer)*

## **The MindLift app**

For the spiral that hits mid-meeting or at 1 a.m. — type the thought and get a realist, growth, and compassionate reframe in your own words in under 60 seconds. Free to start on iOS and Android; premium unlocks the deeper library.

*[mindliftapp.app/download](https://mindliftapp.app/download)*

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