

A.C.A.L.M.E.R.M.E

E IS FOR EXIT

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We're learning strategies throughout this book that guarantee we will win our emotional war, but when we first begin to implement them, there's often a messy crossover between our old ways of *reacting* and our new ways of *responding*.

When feelings of overwhelm surface and threaten to undo all our hard work, we need a clear exit strategy, one we are not afraid to use. When fear-based memories take us to the fork in the emotional road, we must know we can walk away from anyone and from anything without losing our dignity or our composure. In difficult circumstances, when your anxiety surfaces around difficult people, exiting the 'scene of the crime' is not just smart; it's essential for protecting your emotional wellbeing.

The core question is simple: **in this moment who has control of my self-worth, my opinion, and my voice.**

If the answer isn't you, then you may need to exit.

- This isn't about protecting them and their feelings.
- This is about protecting *you* and *your* feelings.

You are in charge of you. You get to decide what happens next. It may not always have been that way, but from now on, this is exactly how it's going to be.

If people are difficult, or situations feel overwhelming, you have permission to exit *regardless of the consequences*. Knowing you can leave at any time with your dignity intact may empower you to stay. And even if you exit this time, next time you might not. Either way, no loss of face. No last word needed. No drama. Just self-respect. You're saving yourself. Finally.

Always exit with grace. You don't need to have a meltdown to justify yourself. You don't need to explain, argue, apologise, or seek permission - that was the old way of **doing**, this is the new way of **being**. A simple but assertive: 'excuse me, I need a moment' will do. And if anyone protests, simply repeat it: 'I just need a moment', and keep walking. No arguments. No apologies. No guilt. Just a graceful exit. Emotional power reclaimed.

- Give yourself permission to meet your own needs without second-guessing, and without delay.
- Give yourself permission to leave if staying costs you your peace of mind.
- Give yourself permission to choose yourself again, and again, and again.

This is you, reclaiming your emotional power. Any way you look at it, you win. Those who matter won't mind if you exit. Those who *do* mind, don't matter.

In a few pages' time, you'll learn a breathing technique that when paired with the Exit strategy will guarantee you always leave with regulation, resilience, and respect for yourself.

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

EXITING

The Scenario:

You've worked hard to understand and unravel the confusion and pain of your past. Despite your newfound knowledge, you find yourself feeling anxious in a situation with a difficult person. Overwhelm starts to take hold, and you arrive at the emotional 'fork in the road.'

- What do you do next?
- What do you say next?

Next time you find yourself in a tough situation:

- What conscious steps will you take to exit gracefully?
- What empowering words will you say to yourself?
- What physical actions will support your emotional safety?
- Next time you're feeling overwhelmed by someone or something, will you implement your Exit Strategy? YES or NO?
- How does giving yourself permission to leave change how you feel about your emotional power?
- What does a graceful exit protect inside you?

"A wise exit is never a defeat.

*It's a declaration that you choose yourself first, every
time."*

Emotional Freedom Exit Mantra

I protect my peace. I choose myself. I leave with dignity.

Calm Strength Exit Mantra

My safety matters. My voice is my own. I owe no explanations.

Warrior of Peace Exit Mantra

I step away with strength. I release their energy. I stay true to myself.

Self-Worth Exit Mantra

I don't stay where I'm not respected. I don't fight battles I've already won. I honour my healing.

Fast Empowerment Exit Mantra

Pause. Protect. Proceed.

When you feel overwhelmed, quietly repeat your chosen mantra to yourself as you exit. It becomes the last word you *tell yourself*, not the last word you *give them*.

A QUICK NOTE ABOUT LOSING FACE AND THE LAST WORD

As we tell our truth and reclaim our emotional power, we no longer need to have the last word - ever. The last word is the battleground between our Wounded Inner Child's fear and the calm presence of our Conscious Adult Self.

We often think we'll 'lose face' if we don't have the last word. But the truth is, we gain far more by letting it go. We gain self-respect. We gain calm. We gain mastery over the moment.

Not having the last word will unsettle your 'opponent' far more than any sharp comeback ever could. Let your silence - your conscious composure - be the unspoken last word.

IT REALLY DOESN'T MATTER ANYMORE is a fabulous affirmation. Use it often. Repeat it with love. Wear it like armour.

Remember: the loudest person isn't always the strongest person. The calmest person walks away victorious.

Exiting is our sixth step.