

## **Introduction**

Welcome to the RESET training exercises. The exercises included here will help you to practice the skills you learned in the RESET training.

During the RESET training, we focused on strategies for managing your unwanted thoughts of deployment. However, the kinds of skills we presented can be used with lots of different types of thoughts, both pleasant and unpleasant. Use these exercises however you like. You may want to apply them when you're having unwanted thoughts of deployment, or you may want to use them for other types of thoughts.

Remember that one of the keys of the RESET program is to practice your skills. We recommend practicing at least one of these exercises each day, but also trying to apply these skills when thoughts come up in the course of your day.

Before you begin each exercise, it is best to find a quiet, private place to practice. Try to make yourself comfortable, in whatever position works for you (for example, seated or lying down) and try to reduce possible distractions (so turn off your phone).