

The 30-Day Un-Spiral, Together

For teachers, counselors, coaches, and youth leaders. The practice from *Unspiraled* by Remy Hale, run as a group. Free to copy for your group.

READ THIS FIRST (IT'S DIFFERENT FOR THIS ONE)

This is skills practice, not group therapy, and it is not treatment. The Un-Spiral teaches research-backed skills for *everyday* anxiety — naming the alarm, breathing, thought-checking, small brave steps. It does not diagnose anyone and it is not a substitute for a counselor, therapist, or doctor. Say that to the group, out loud, on day one.

Sharing is always optional — design for it. Every prompt below is about the *skills and the systems*, never a request for personal disclosure. A student who does the whole month silently has done the challenge perfectly. No going around the circle.

Know your routing before you start. If a student shows or shares something heavier than everyday anxiety — most days for weeks, life shrinking, hopelessness, any mention of self-harm — that's a same-day connection to your school counselor or crisis resources, per your school's protocol. Crisis lines, for you and for them: call or text **988**, or text **HOME** to **741741** (free, confidential, 24/7). Chapter 9 of *Unspiraled* is the full how-to-get-help map — it's the chapter to point a worried kid (or parent) to first.

The rhythm: hand out the tracker day one; read tomorrow's move aloud daily; ten optional- sharing minutes weekly (prompts below); mark the wall tracker (page 2) as a group, never per student. A missed day is not a failed challenge.

WEEKLY DISCUSSION PROMPTS (SKILLS, NOT DISCLOSURE)

Week 1 — Learn the Alarm.

- The smoke-alarm idea: why would a brain be built to give false alarms on purpose?
- Roughly one in three people deal with an anxiety disorder at some point. Why do we all act like we're the only one?
- What body signals does the alarm use? What job is each one doing?

Week 2 — Learn the Moves.

- Why does the exhale — not the inhale — carry the calm-down signal?
- Catastrophizing, mind-reading, fortune-telling, all-or-nothing: which pattern do people think is most common, and what's its "tell"?
- Problem or loop? Why does treating a loop like a problem keep you up at night?

Week 3 — Change the Ground.

- Sleep, caffeine, movement, light: which dial do people think moves the baseline most, and why?
- Coach vs. critic: why does the kind voice outperform the cruel one, even for high performers?
- Why do small ladder rungs beat big leaps for shrinking a fear?

Week 4 — Build the Life.

- Why is "who would I tell" worth deciding *before* a hard night instead of during one?
- "You're the sky, not the weather." What does that change about a bad day?
- What would you tell a younger student about the alarm, in one sentence?

Trackers, the daily nudge, and this kit: mojavepublishing.com/unspiral • Classroom sets of *Unspiraled*: editor@mojavepublishing.com
Mojave Publishing

REWIRED The 30-Day Un-Spiral

Our group started on _____. Mark each day we practiced.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Practice, not perfect.

If it's heavier than practice: call or text **988**, or text **HOME** to **741741**.

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