



Work Through It: Short Fuse

Do you ever feel like your fuse is shorter than it used to be – where small things set you off more than they should? **Sometimes it's not the situation. It's the buildup of stress, fatigue, and pressure lowering your threshold for frustration.**

What feels true right now

- I get irritated faster than I used to
- Small things set me off
- I snap before I think
- I have less patience
- I feel on edge with people
- I get frustrated over minor things
- I regret how I react afterward
- I feel tense or keyed up
- I am more reactive at home than at work
- My reactions feel stronger than they should be

What's underneath it

One thing that builds up before I snap:

One stressor I carry into these moments:

What I usually do after

- Shut down
- Walk away
- Stay irritated
- Feel guilty
- Try to justify it
- Move on quickly without addressing it
- Avoid the person

Where It Shows Up & What to Do About It

Where it shows up most

I notice it most with:

The situations that trigger it most are:

It usually looks like:

What it's affecting

My relationships:

My patience:

How I feel after I react:

What helps me slow it down

- Taking a pause before responding
- Stepping away briefly
- Controlled breathing
- Physical movement
- Lowering stimulation (noise, screens)
- Getting sleep and recovery
- Talking it out later
- Setting boundaries earlier

Small reset plan

One thing I will do when I feel it building:

One way I will pause before reacting:

One way I will repair if I overreact:

i A short fuse is often a sign of overload, not failure. Slowing it down starts before the reaction – not after.