

STOP THE MISS SPIRAL

A MentalClays Nervous System Reset for Shooters

WHAT IS THE MISS SPIRAL?

The Miss Spiral is the automatic chain reaction that happens the moment you miss a target:

1. Your amygdala fires
2. Your chest tightens
3. Your body goes into alert
4. Your vision narrows
5. Your confidence drops
6. Your mind shifts from “shooting” to “protecting”

This is NOT mental weakness. This is your subcortex reacting to threat.

THE 5-SECOND RESET THAT STOPS THE SPIRAL

1 — Exhale FIRST

Just exhale sharply through your mouth.

2 — Drop Your Shoulders

Let them fall completely.

3 — Blink Twice (slow)

This widens your field of vision.

4 — Touch Something Solid

Tap your gun stock, vest, or pouch.

5 — Say ONE Word: “NEXT.”

This signals the brain to move on.

THE MENTALCLAYS MICRO-RITUAL

- ✓■ Exhale
- ✓■ Drop shoulders
- ✓■ Blink twice
- ✓■ Touch your gear
- ✓■ Say “NEXT”

THE SCIENCE

This reset interrupts:

- Amygdala firing
- Limbic threat activation
- Muscle tension patterns
- Tunnel vision

- Performance shutdown

FINAL WORD

A single miss doesn't ruin your round — the spiral does.

Train your nervous system. Break the spiral. Shoot with confidence again.

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