

## Tolerance Break & Reset Planner

A supportive planning and reflection tool to encourage balance, awareness, and responsible use.

This planner is designed to help individuals intentionally plan breaks or resets as part of a balanced approach to kratom use. It is optional, personal, and provided for educational purposes only. It does not provide medical advice.

### How to Use This Planner

Tolerance breaks are a proactive and responsible practice that may help reduce tolerance, restore sensitivity, and encourage intentional use patterns. This planner is designed to help you plan, track, and reflect on a break or reset.

There is no required length or frequency for breaks. Some individuals take short breaks regularly, while others choose longer resets based on their personal comfort, patterns, and goals.

### Break Planning

Planned break start date: \_\_\_\_\_

Planned break end date: \_\_\_\_\_

Planned break length (days): \_\_\_\_\_

Primary reason for this break (optional):

Tolerance Awareness  Pattern Reset  Lifestyle Balance

Other: \_\_\_\_\_

### Preparation & Support

Supportive practices you plan to prioritize during this break (check all that apply):

Hydration  Sleep  Nutrition  Movement  Stress Management

Social Connection  Other: \_\_\_\_\_

## During the Break (Optional Reflection)

How did you feel physically during the break?

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How did you feel emotionally or mentally during the break?

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## After the Break

Did the break feel supportive of balance?  Yes  Somewhat  No

If returning to use, planned serving size upon return (optional):

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Planned approach upon return:

Lower serving size  Increased spacing  Product rotation  Continued non-use

## Insights & Notes

What did you learn from this break or reset?

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## Responsible Use Reminder

Tolerance breaks are not a punishment or requirement. They are a supportive tool to encourage awareness, balance, and long-term sustainability. Returning at a lower amount and maintaining mindful patterns may help preserve balance.

## Disclaimer

This planner is provided for educational and self-reflection purposes only and does not constitute medical advice. If you experience significant discomfort or difficulty reducing use, consult a qualified healthcare professional.