

# Mental Reboot Strategy for Interviews and Coaching

## ■ Step-by-Step Mental Reboot When You Get Stuck:

### 1. Verbal Reset Phrase:

Say: "Let me take 10 seconds to reset and break this down from first principles."

➤ This calms you and shows poise.

### 2. Use the 9-Step Template as a Lifeline:

➤ Clarify the question

➤ Try small example (e.g., [1,2,3])

➤ Pick the right data structure

➤ Speak the algorithm out loud

➤ Write pseudocode

### 3. Write or Draw Something:

➤ Trace array or heap values manually

➤ Sketch or bullet key operations

### 4. Ask a Clarifying Question:

Say: "If I insert 1,2,3 — median is 2, right?"

➤ Buys time, reorients thinking, may earn hints.

### 5. Talk Before Code:

Say: "Let me describe what I want to do before coding it."

➤ This separates logic from syntax under pressure.

## ■ Remember:

- Structure beats speed.

- Saying "Let me reset" makes you look calm, not lost.

- Interviewers want clarity, not perfection.

You're in control — reboot, recover, and refocus.