

A Day the Pain Will Not Let Up

Something to hold onto on a day the hurting has gone on too long.

WHEN TO USE THIS

Use this on a day when nothing is touching it.

Where is it right now?

0

1

2

3

4

5

6

7

8

9

10

Manageable

As bad as it gets

What have you already tried today?

What is left that you have not tried yet?

1.

2.

3.

If you are not safe, or you cannot see a way through this, call or text **988** now. Reach out today, not later.

Who will you tell that today is a bad one?

Pain this heavy is not something you have to sit with alone.