

After a Slip

A way to look at what happened without tearing yourself apart over it.

WHEN TO USE THIS

Use this a day or two after you used, once things have settled a little.

A slip is information, not a verdict. If you are not safe right now, call or text 988 and stay near someone until it passes.

What was going on in the hours before?

Where you were, who was there, how the day had gone.

What did it do for you at the time, and how did it leave you after?

If that same day came around again, what one thing would you change?

What is the next small step, today?

Water, food, sleep, one phone call.

One day does not undo the rest. You are still on the same road you were on.