

Flat and Numb Days

Make room for the days that are not sad, just empty and gray.

WHEN TO USE THIS

Use this on a day when you feel nothing much at all.

Describe the flatness. What is it like from the inside?

Not sad. Not fine. Something else.

What has gone quiet lately? Tick what fits.

- ☐ Nothing sounds good
- ☐ Food has no taste
- ☐ People feel far away
- ☐ Music does nothing
- ☐ No strong feelings, good or bad
- ☐ Hard to care about anything

Is there anything at all that gets through, even a little?

Cold water, a pet, loud music, being outside.

What do you need today, given that this is how it is?

Numb is not nothing. It is your system running quiet. It does not last forever.