

Riding One Out

Write yourself a short plan for staying put while a surge rises and falls.

WHEN TO USE THIS

Fill this in ahead of time, so it is ready when you cannot think straight.

A surge climbs, peaks, and comes down. You do not have to make it stop. You have to get through it.

What will you say to yourself at the top of it?

Short and true. Something you would believe.

Three things you will do with your body while you wait it out.

Sit down, feet flat, hands on something cold.

1.

2.

3.

What do you usually do that makes it last longer?

Rushing out, fighting it, checking things over and over.

How long does it usually take to come back down?

0	1	2	3	4	5	6	7	8	9	10
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A few minutes

Most of an hour

You have made it through every one so far. This plan is just company for the next.