

Riding Out the Worst of It

Get through the sharpest part of an urge without deciding anything.

WHEN TO USE THIS

Use this while it is at its worst. Do not read ahead - just do the next line.

Not safe right now? Call or text 988, the Suicide and Crisis Lifeline, before anything else. You do not have to be alone in this hour.

How loud is it right now?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Quiet

As loud as it gets

Four things you will do in the next twenty minutes.

Cold water on my wrists. Stand outside. Call the number on my card.

1. _____
2. _____
3. _____
4. _____

Who are you telling? Send the message now, then write here what you sent.

How loud is it now, twenty minutes on?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Quiet

As loud as it gets

Nothing has to be decided while it is this high. Wait it out with someone.