

The Days You Feel Nothing

For flat days when nothing lands at all, good or bad.

WHEN TO USE THIS

Use this on a day when everything feels far away and you cannot feel much.

When did the flat feeling start? What was going on around then?

What still gets through, even a little?

- ☐ Music
- ☐ Being outside
- ☐ A hot shower
- ☐ An animal
- ☐ Someone's voice
- ☐ Food you like
- ☐ Something funny
- ☐ Nothing yet

What is one thing you will do today whether or not you feel like it?

How far away does everything feel today?

0	1	2	3	4	5	6	7	8	9	10
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Right here

Behind glass

Feeling nothing is often what comes after too much. If you are not safe, call or text **988** now and tell someone.

Flat days end, even when they give you no sign that they will.