

# The Five Minutes Before

Make a plan for the five minutes before you do something you would regret.

## WHEN TO USE THIS

Use this after a time you wish you had stopped yourself, or before a hard day.

**What do you do when a feeling wins? Be honest. No one else has to read this.**

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**What is the first sign it is heading that way?**

*A thought, heat in your chest, reaching for your keys or your phone.*

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**Three things you can do for five minutes instead.**

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2. 

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3. 

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**Who could you send one message to in those five minutes?**

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*Five minutes is not forever. It is often long enough.*