

The Last Few Hard Moments

Look at the last few hard moments and find the thing that actually worked.

WHEN TO USE THIS

Use this when you have a quiet half hour and can look back on things.

Fill in the last few hard moments you can remember.

WHEN	WHAT HELPED	WHO WAS THERE

988 is the Suicide and Crisis Lifeline. Call or text it now if you are not safe. You do not have to get through this on your own.

What shows up more than once?

Put the three that worked best onto one short list you can keep.

1.

2.

3.

What works is usually plain and a little boring. That is fine. Keep it.