

What Got You Through Before

Look back at a hard stretch you came through and name what actually helped.

WHEN TO USE THIS

Use this on a steadier day, when looking back does not cost too much.

Think of a hard stretch you came through. What was going on then?

What helped, even a little? Name the small and ordinary things too.

Sleeping at my brother's. The dog. Getting outside before dark.

1.

2.

3.

4.

If you are not safe right now, call or text 988, the Suicide and Crisis Lifeline. Reach out now. You do not have to hold this alone.

Which of those could you use again this week?

You already know some of this. It is just hard to reach on a bad day.