

When Feelings Get Too Loud

For the feelings that using has been quieting, and what else might take the edge off.

WHEN TO USE THIS

Use this after a day when the feeling got bigger than you could hold.

Which feeling is hardest for you to sit with?

Anger, panic, emptiness, missing someone, being ashamed.

What does using do to that feeling, and how long does it hold?

What else has taken the edge off, even a little?

WHAT I TRIED

DID IT HELP?

If the feeling turns into wanting to hurt yourself, call or text 988 now. Do not wait to see if it passes on its own.

What will you reach for first next time it gets loud?

Feelings that big are hard to carry. Wanting them quieter makes sense.