

When Nothing Sounds Good

Find something to do when every option feels pointless or too much.

WHEN TO USE THIS

Use this on an afternoon where you have been stuck and nothing appeals.

What did you turn down or think about doing and skip today?

Which of these could you do in the next twenty minutes?

- ☐ Step outside
- ☐ Wash a few dishes
- ☐ Put on one song
- ☐ Text one person
- ☐ Lie down without the phone
- ☐ Open a window
- ☐ Make something to eat
- ☐ Take a shower

Pick one and do it. Then write what it was like, even if it was nothing much.

If this has gone past flat, into not wanting to be here, call or text 988. Reach out right now if you are not safe.

Nothing sounding good is a real state, not a choice you made. Pick anyway, small.