

When You Want to Cancel

Get yourself to the appointment on a day you would rather not go at all.

WHEN TO USE THIS

Use this an hour or two before something you are thinking of skipping.

What is pulling you to cancel, and what is one small answer to each?

REASON TO CANCEL

SMALL ANSWER

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.

What is the smallest version of going? Late, short, or by phone all count.

Who could get you there, or sit in the waiting room with you?

Turning up tired and half ready still counts as turning up.