

When the Thoughts Get Loud

Something to do with your hands and your head when the thoughts will not stop.

WHEN TO USE THIS

Use this in the moment. Work down the page, one line at a time.

Not safe right now? Call or text 988, the Suicide and Crisis Lifeline, before anything else. You do not have to be alone in this hour.

Where is it right now?

0	1	2	3	4	5	6	7	8	9	10
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In the background

All I can hear

Name four things you can see from where you are sitting. Write them here.

- _____
- _____
- _____
- _____

Say one true thing about right now. Not about later.

I am on the couch. The door is locked. My sister knows.

Who are you going to tell before you go to bed?

Loud thoughts are not orders. You can hear them and still do nothing about them.