

My skills list

The three that actually work for you, written where you will see them. Not the full curriculum.

Nobody consults a list of twenty skills at the peak of an urge. What gets used is a short list, decided in advance, kept somewhere visible. Fill this in and put it on the fridge or inside a cupboard door.

WHEN IT IS BAD BUT I CAN STILL THINK

WHEN I AM PAST THE POINT OF THINKING

WHEN THE URGE IS TO DO SOMETHING I WOULD REGRET

WHO I WILL CONTACT, AND WHAT I WILL SAY

WHAT I WILL NOT DO, HOWEVER REASONABLE IT SOUNDS AT THE TIME

If I cannot keep myself safe: call or text 988, or go to an emergency department.