After a Difficult Moment

A private planning sheet for everyday support following a stressful experience.

GENTLE REMINDER

You do not need to write what happened. This exercise is about what you need now; avoid it during immediate danger or a medical emergency.

How do I know I might need extra support?

Examples: trouble concentrating, tense muscles, feeling numb, wanting quiet.

Something ordinary I could notice around me

Three objects, a familiar sound, or contact with the floor.

A comfortable option I could try

Move to another room, sip water, rest, step outside, or decline an exercise.

Who or what could help me feel less alone?

A trusted person, helpline, community support, or existing care plan.

What needs attention beyond a worksheet?

For example: practical safety, medical care, or a psychotherapy appointment.

Educational self-reflection only; not psychotherapy, diagnosis, or crisis support. Stop or skip any exercise.

Conceptual reference: Levine, P. A., Healing from the Bottom Up (Psychotherapy Networker webcast transcript, n.d.); Levine (2010).

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