

Your feeling words

“Fine” and “OK” aren’t feelings. These are the 84 words from the book, phase by phase. Stick this on the fridge or keep it in your notebook. Each day, pick one or two that fit, or find your own.

Phase 1 • Stop the Slide

HARD anxious angry sad lonely stressed numb low

GOOD calm relieved hopeful content grateful proud glad

Phase 2 • Back in Your Body

HARD tense restless on edge drained irritable overwhelmed uneasy

GOOD settled grounded rested steady energised at ease alive

Phase 3 • Let It Out

HARD hurt grieving ashamed guilty resentful bitter disappointed

GOOD lighter released moved tender accepted forgiving peaceful

Phase 4 • Clear Your Head

HARD worried confused stuck doubtful scattered insecure panicky

GOOD clear focused curious confident motivated optimistic capable

Phase 5 • Reconnect

HARD isolated left out misunderstood rejected jealous awkward distant

GOOD connected close loved valued trusting appreciated warm

Phase 6 • Build Forward

HARD afraid discouraged impatient frustrated trapped unsure envious

GOOD determined excited inspired brave fulfilled free ready

A week of check-ins

	NUMBER (1 TO 10)	FEELING WORDS	SLEPT
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

More ways to get it out

The four steps in the book work for most thoughts. When one won't shift, try these. Use whatever works, and print as many Clear your head pages as you need.

- 1 Empty it all out first.** Set a timer for five minutes and write down everything in your head, big or small, with no sorting. Then take the ones that sting and run them through the four steps.
- 2 Ask it three questions.** What's the evidence for this? What would I say to a mate who thought it? Will it matter in a year? Thoughts that fail all three are usually just thoughts.
- 3 Give it a time slot.** Worry time (Day 48): 15 minutes at the same time each day. When a worry turns up outside it, write one word on a list and leave it until then.
- 4 Get it out of your body too.** Some thoughts sit in your chest or your fists. Shake it off (Day 19), let off steam (Day 34) or stamp it out (Day 37), then come back and write.
- 5 Let it float past.** For the ones you can't do anything about, picture each thought on a leaf on a stream and watch it go (Day 56). It will come back. Let it go again.
- 6 Write it, then bin it.** Some things don't need keeping. Write it, read it once, then rip it up. The letter you won't send, later in this pack, is the bigger version.
- 7 Say it out loud.** Record a voice note to yourself, or say it to the person you'd call (Day 61). A thought said out loud nearly always sounds smaller than it felt.
- 8 Talk to yourself like a mate.** Write back to your own worry the way you would to a friend (Day 49). Kind, honest and on your side.

If a thought is about ending your life, don't sit with it on paper. Turn to the safety page in your book, call Samaritans free on 116 123, or call 999 in an emergency.

Clear your head

Head full? Write it down here, any day this week. If a thought comes back, write it down again.

GET IT OUT › THOUGHT OR FACT? › IN MY CONTROL? › WHAT I'LL DO WITH IT

GET IT OUT

Thought or fact? ☐ thought ☐ fact **In my control?** ☐ yes ☐ partly ☐ no

What I'll do with it: ☐ small step ☐ park it ☐ not mine to carry ☐ let it go

MY SMALL STEP

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MY SMALL STEP

The letter you won't send

Nobody will read this, so you don't have to be fair, polite or tidy. Start with something mid-sized, not the biggest thing in your life. Write for ten minutes without stopping.

DEAR

WHAT HAPPENED

HOW IT MADE ME FEEL

WHAT I'VE NEVER SAID

WHAT I WANT NOW IS

Read it through once. Then fold it away, tear it up or burn it somewhere safe, and let off steam (Day 34) for five slow breaths. If it stirs up more than you can handle, stop and turn to your safety page.

Say thank you properly

Think of someone who made a real difference to your life. Breathe slowly, in for 4 and out for 6, as you write.

DEAR

WHAT YOU DID

THE DIFFERENCE IT MADE TO ME

WHAT I WANT YOU TO KNOW

Read it back once. Then get it to them: in person, by post or by message. If they've died, write it anyway and read it out loud somewhere quiet.

A letter from the man you're becoming

Picture yourself a year from now, doing well, and let him hold the pen. Write in his voice. If it feels awkward, start with "I know it's hard right now, but" and keep going.

DEAR

WHAT I'M PROUD OF

WHAT I'M GLAD YOU KEPT DOING

WHAT I WANT YOU TO REMEMBER

FROM

Read it back once, slowly, breathing out as you read. Keep it somewhere you'll find it on a bad day.

My plan for a bad night

Fill this in on a steady day. On a bad night, open the book here and work down the list.

1 The signs that I'm starting to slide are

2 Things I can do on my own to get through the next hour (such as cold water on my face, feet on the ground or hand on chest) are

3 Places or people that take my mind off it are

4 One person I could message tonight is

5 My GP surgery's number is

6 One way I'll make my surroundings safer is

7 My reason to keep going is

Before you do the breathing practices: stop if you feel dizzy, tingly or panicky, and breathe normally. If you have a heart condition, epilepsy, high blood pressure or a serious mental health condition, check with your doctor first. There's more on this in "Taking extra care" at the back of the book.