

Alternative thoughts and actions

Make room around distress • choose a compassionate next step

This is not about arguing with pain or forcing positive thinking. Notice the thought, find a more balanced response and choose an action that supports safety.

1. Distressing thoughts or images

What words, images, memories or predictions are here? What meaning am I making?

2. Alternative thoughts

What would I say to a close friend? What is factual, compassionate and believable?

3. Alternative actions

What has helped before? What will I do for the next 10-20 minutes?

4. Connect and get more help when needed

Person I will contact: _____ Phone: _____ Safer place: _____

Urgent: NHS 111 | Samaritans: 116 123 | Text SHOUT to 85258

If I may act or cannot keep myself safe: call 999 or go to A&E now.