

Worksheet: Crisis To-Do- List

Adapted from Trauma-informed interventions (Curran, 2013) and APSATS training (APSATS, 2017).

Breathe: *Take a few deep, slow breaths and focus on the breath flowing in and flowing out.*

Notice: *Notice what you are thinking, then what you are feeling. Take a step back from each feeling and observe it. Take a step back from each thought as well. Don't cling or hold onto any of the thoughts or feelings, simply observe them. Notice anything you are doing, besides breathing. Is there any movement or any clenching in your body? Record your observations.*

Right now I am thinking:

Right now I feel:

Right now I am doing:

Be aware of God's presence with you and in you. Breathe slowly into each thing you are doing (movement) and each place of tightness. Can you let the tightness go while you breathe? Can you invite God to touch that place? Next, breathe into each feeling, allowing each to exist just as it has come to you. Remind yourself that feelings are passing, God and His love are forever. Allow the feelings to move through you and to God's hands (or to the cross), remembering He is there as your refuge and strength (psalm 46) to help and not to condemn. Observe the feelings and thoughts with Him as He holds them

(or as they are on the cross). Next, begin the inquiry:

How do I want to be in the face of this crisis? How might God want me to be? What values matter to him? To me? How would I like to behave? Do I need some help? Or advice?

Who can I call on for support or assistance in this situation? Has something like this happened before? If so, what did I do?

What did I learn that might help now?

Was that action or reaction helpful...

...In the short and long term? ...Would it help in the next hour? ...In the next few hours? ...In the next few days?

If truly nothing can be done to improve the situation, am I willing to practice some acceptance skills?

If yes: Given the givens: What's the most constructive thing I can do here? (Ask for God's wisdom and input on this and on the question below)

What can I learn from this situation?

How can I grow from this experience?

One final question: "If someone whom I love and care about was in this same situation, how would I act toward him/her?"

What things would I say? What advice might I give?

Is it possible to "act as if" you were that person who deserves that type of love, compassion, and support?