

# THE SEEN METHOD

A simple crisis workbook

*For when your mind is loud and you need one next step.*

**This workbook is not a test.**

You do not have to fill out every page. Start with the page that helps right now.

**Bodhi Life Balance Mental Health Workbooks**

# Read This First

Use this when you feel overwhelmed, unsafe, angry, numb, panicked, or stuck.

**If you might hurt yourself or someone else, tell staff now.**

You can also call or text 988, call 911, or go to the nearest emergency room.

**Your job right now is simple.**

Get through the next few minutes safely.

**You do not need to solve your whole life today.**

You only need one safe next step.

**Go slowly.**

Write a word, check a box, or just point to what fits.

# The SEEN Method

Four small steps for a hard moment.

## **S Stop**

Pause. Notice that you are in a crisis moment.

## **E Ease your body**

Use one simple skill to lower the intensity.

## **E Express what is happening**

Say or write the problem in plain words.

## **N Next safe step**

Choose one thing you can do in the next ten minutes.

# S: Stop

Name the moment. You do not have to fight it.

## Right now I feel:

- ☐ Angry ☐ Scared ☐ Sad ☐ Numb  
☐ Panicked ☐ Confused ☐ Overwhelmed

## My body feels:

- ☐ Tight chest ☐ Shaky ☐ Hot ☐ Heavy  
☐ Fast thoughts ☐ Tired ☐ Disconnected

## What happened?

Use one sentence if that is all you can do.

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# E: Ease Your Body

Pick one skill. Do not overthink it.

|                                                                                                        |                                                                                                                  |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>Breathe slowly</b><br>Breathe in for 4. Breathe out for 6. Repeat 5 times. | <input type="checkbox"/> <b>Feel your feet</b><br>Press both feet into the floor. Notice the ground holding you. |
| <input type="checkbox"/> <b>Look around</b><br>Name 5 things you see. Name 4 things you feel.          | <input type="checkbox"/> <b>Cool down</b><br>Hold something cold or splash cool water on your hands.             |

**The skill I will try now is:**

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# E: Express What Is Happening

You deserve to be heard without needing perfect words.

**Try this sentence:**

I feel \_\_\_\_\_ because \_\_\_\_\_.

What I need right now is \_\_\_\_\_.

**My words:**

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**I can tell:**

☐ Partner ☐ Friend ☐ Family ☐ Therapist ☐ 988 ☐ Someone safe nearby

# N: Next Safe Step

Choose one thing for the next ten minutes.

## I can go to:

- ☐ Car ☐ A park ☐ A friend's house ☐ Home  
☐ ER ☐ Safe room

## I can ask for:

- ☐ Water ☐ A phone call ☐ Space ☐ Support  
☐ A ride

## I need to avoid:

- ☐ Leaving angry ☐ Using ☐ Driving ☐ Being alone

## I can do this now:

- ☐ Sit down ☐ Breathe ☐ Call someone ☐ Wait safely

## My next safe step is:

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# My Crisis Card

Fill this out when you can. Use it when words are hard.

## When I am getting worse, I may:

☐ Pace ☐ Cry ☐ Shut down ☐ Yell ☐ Use substances ☐ Think about harm

## What helps me calm down:

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## People or places that feel safer:

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## If I am unsafe, I will:

☐ Tell a friend ☐ Tell a partner ☐ Tell family ☐ Call 988 ☐ Call 911 ☐ Go to the ER



# After the Crisis

Only use this page when you feel steadier.

**What helped even a little?**

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**What made things worse?**

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**What do I want support with next?**

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# One Last Reminder

**You are not required to feel okay right now.**

You are only being asked to stay safe long enough for the next step to become possible.

**Small is enough.**