

THE SEEN METHOD

A simple crisis workbook

For moments when your mind feels loud and you need one safe next step.

S Stop

E Ease your body

E Express what is happening

N Next safe step

You can write, check a box, point, or ask someone to help.

Read This First

Your safety matters more than finishing a worksheet.

THIS WORKBOOK IS A SUPPORT TOOL

This workbook provides coping ideas and space to express your needs. It does not replace professional assessment, counseling, therapy, medical care, or emergency services.

**If you feel unsafe or might hurt yourself or someone else,
tell clinic staff or another safe person immediately.**

Call or text 988 for emotional or suicidal crisis support.

Call 911 for immediate danger or a life-threatening emergency.

You may also ask clinic staff for help or go to an emergency department. If you have new, severe, or concerning physical symptoms, seek medical evaluation rather than assuming they are anxiety.

You do not need to finish this workbook.

You can skip any activity, stop if it increases distress, or ask staff to help. One word is enough. Pointing to an answer is enough. If you cannot stay safe, get help now rather than completing the pages.

Four Small Steps

Do what helps. Skip what does not.

S

STOP

Notice what is happening. You do not have to explain everything.

E

EASE YOUR BODY

Choose one gentle comfort or grounding skill. Breathing is optional.

E

EXPRESS

Tell, write, or point to what you feel and what you need.

N

NEXT SAFE STEP

Choose one safe action for the next few minutes. Ask for help if needed.

This is not a test. You may use only the page that helps today.

S: Stop

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

Right now I feel:

☐ Overwhelmed

☐ Scared

☐ Angry

☐ Sad

☐ Numb

☐ Panicked

☐ Confused

☐ Not sure

I notice:

☐ Racing thoughts

☐ Tense muscles

☐ Shaky

☐ Heavy or tired

☐ Restless

☐ Disconnected

☐ Other sensation

☐ Not sure

What happened? One sentence or one word is enough.

What matters most right now?

E: Ease Your Body

Try one skill only if it feels comfortable.

Choose a comfortable option:

- | | |
|--|---|
| ☐ Feel feet or chair | ☐ Look around the room |
| ☐ Hold a familiar object | ☐ Relax hands or shoulders |
| ☐ Sip water if available | ☐ Move to a quieter space |
| ☐ Breathe gently (optional) | ☐ Ask staff to sit with me |

If counting breaths, looking around, physical sensations, or cold temperatures feel uncomfortable, skip them. Keep your breathing natural; you do not need to hold your breath or reach a particular count.

The skill I want to try is:

How does my body feel afterward? (Any answer is okay.)

E: Express What Is Happening

You deserve to be heard without perfect words.

Try this:

"I feel _____. I need _____."

My words, or what I want someone to understand:

I would like to talk to:

- ☐ Clinic staff
- ☐ Friend
- ☐ Family member
- ☐ Counselor
- ☐ Trusted person
- ☐ 988 crisis counselor

If speaking is hard, I can show someone this page.

N: Next Safe Step

Choose one action you can do safely.

What could help in the next ten minutes?

- ☐ Stay with clinic staff
- ☐ Call a safe person
- ☐ Ask for a quiet space
- ☐ Ask for water
- ☐ Wait with someone
- ☐ Request professional help
- ☐ Move away from conflict safely
- ☐ Seek urgent assistance

If you feel unsafe, do not drive yourself, leave alone, use substances, or go somewhere isolated to manage the crisis. Ask staff or a trusted person to help you make a safe plan.

My next safe step is:

Who can help me take that step?

When I Need Help Now

A worksheet cannot replace support during danger.

I need immediate help if:

☐ I might hurt myself

☐ I might hurt someone else

☐ I cannot stay safe alone

☐ I have a medical emergency

☐ I feel out of control

☐ I am not sure I am safe

Tell staff immediately if any of these fit.

For emotional crisis support, call or text 988. For immediate danger or a life-threatening emergency, call 911. Do not delay seeking help to fill in this page.

Words I can show or say: "I need help staying safe right now."

A safe person or service I can contact:

My Personal Crisis Card

Complete this with support if you want. Keep it easy to find.

My first signs that I need help:

One thing that sometimes helps me feel steadier:

A safe person, clinic, or service I can contact:

What I want someone to do when I ask for help:

Crisis support: Call or text 988 | Immediate danger: 911

After the Hard Moment

Use this page only when you feel steadier.

What helped, even a little?

What felt unhelpful or made things harder?

What support would I like next?

There is no requirement to complete this reflection.

One-Page SEEN Check-In

Short answers are enough. Ask someone to help if needed.

STOP — What am I feeling or noticing?

EASE — Which comfort or grounding option works for me?

EXPRESS — What do I need someone to know?

NEXT — What is one safe step? Who can help?

If unsafe: tell staff now. Call or text 988, or call 911 for immediate danger.

One Last Reminder

The next safe step is enough for now.

You do not have to feel okay to ask for help.

You do not need to solve your whole life today. You can ask someone to stay with you. You can use a single word. You can stop the workbook. Keeping yourself safe matters more than any exercise.

Small is enough.

Credits & Additional Resources

Publication information

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Additional mental health workbooks:

<https://bodhilifebalance.com/mental-health-workbooks>

Other educational workbooks and resources can be found at the website above. This resource is intended for adult crisis and community mental health settings, with independent or staff-supported use as appropriate.

Educational support only. Not a substitute for professional assessment, diagnosis, counseling, therapy, or medical treatment.