


Living Change's Emotional Crisis Interrupted

5 steps to interrupting an emotional crisis.

We all experience a crisis in our day-to-day lives. Sometimes they are big, a breakup or a loved one's death and sometimes they are small, not getting to your interview on time, or the toilet backing up. (that last one could become bigger) But no matter what the crisis we all can get through it.

If you are in danger, get help right away! Call 911 and get help right away! Google Crisis Hotlines whatever you do get help right away. Not an Emergency but need crisis help right away, Text 741741 or scroll to the end of this document for numbers.

No danger here, whew, good. But it still feels like things seem to be coming apart. You are not alone. Most crisis can be interrupted by these 5 steps.



What is happening right now?
Everything feels so out of control.
Help!

So often we feel that so much of what happens is beyond our control. But the truth is, what is happening is mostly within our control. We have complete control over ourselves. No one else, however, just ourselves. With that said, we take step one.

Step One: STOP. In that moment when it feels like everything is out of control. Stop! Give yourself a moment and ask yourself... Is this how I want to feel about this? How is this helping me?

Often, we feel like our emotional state is automatic and beyond our control. But the truth is how you feel is a choice. *That is right, how you feel is a choice.* So, Stop, check in you can change the way you feel if you want to. Try it with something small like the next time you drop or spill something, Stop, and see if you can change how you feel about what just happened. If you felt yourself get angry, see if you can stop and smile. Just try it... Then you notice that how you feel is a choice; you are in control.

When we most feel out of control is when we have chosen a discouraging emotion like anger, frustration, or the like. That is not to say we must not feel these emotions. We will always run into these types of emotions, everyone does. Recognize them, acknowledge them, even honor them. Knowing all the while they are not always helpful. These emotions want to be helpful, but they are not. They are not productive emotions. So, stop and make sure you are with the emotion you want to be with.



Once you have recognized, acknowledged even honored the less helpful emotion, you can choose to move away from that emotion and move toward more productive emotions.

Anger is a choice.

Cool is a choice.

Step Two: OPTIONS. Knowing your options can help to create control over your emotions in and around a situation. We usually feel most stuck when we feel like we have no choices. Being backed into that famous corner. Take the time to look around you and see how many options are available. Make a list of every available choice. Include even the most silly or impossible ones. This exercise is to clear the mind so you can really think. When you are writing you can only think of one word at a time. This practice will slow the busy mind down.



1.

- 2.
- 3.
- 4.
- 5.
- 6.

Need more room? Grab another sheet of paper. Or journal... Writing works.

Now we are getting some work done. Organizing your thoughts can help to bring simplicity to a given situation.

For now, set down your work and take a break. You have thought about this a lot, you have your list. Emotional work can be draining. Be kind to yourself and take a break when you need one. We will come back to this list later.

Distressed is a choice.
Pleased is a choice.



Step Three: KINDNESS. Yep, this is about you. Self-care during times of stress and pressure can be hard to carve out. Make sure you are checking in with yourself, giving yourself time to process through your emotions. Connect with someone outside the crisis. Talking things out can really help. So... You want someone who is not invested in the outcome of the crisis. Touch base with someone who you find to be a good listener. Our heaviest loads are much lighter when we have someone to carry them with us.

Remember, you do not have to carve large amounts of time. Try being present with yourself as you get ready for your day. Do only one task at a time. Be mindful of quiet time. Time like this can help you sort through what is on your mind. Just remember quiet time at first can bring on a lot of noisy thoughts. Be patient, those thoughts will quiet down.

You could also try Meditation, even just 5 or 10 minutes a day to start. Or maybe that still seems like a lot. Try just 1 minute of quiet an hour. That may work into your schedule better. Set your phone alarm to ring at the same minute of every waking hour and take 60 seconds for yourself. Try to give yourself the calm that will follow the quiet time.

Now that you have cleared your head and taken some time for yourself to process the situation and its emotions, let us move on.

Sad is a choice.
Happy is a choice.

Step Four: REVIEW. Let us go back to your list from Step Two. Read each one to yourself, maybe even aloud so you can hear each word. Yes, even the silly or outrageous ones. Pay attention to how your middle feels. From your heart to your tummy. Pay attention to how this area reacts to the ideas from your list. If you get an uneasy feeling this is probably not a good option for you. If you get a light or happy feeling this option may be exactly right.

Notice also what your mind is doing during this exercise. The right choice will feel good in all areas of you. If you do not have a good feeling about any of the options you have laid out for yourself, return to step three, then back to step two and lay out some different options. Maybe you can talk the list over with someone you trust.

Once you have cleared your list of every option that is not right and have landed on the one option that just may work for you it is time for Step Five.

Peace is a choice.
Kindness is a choice.

Step Five: PLAN. Making a small plan, nothing big here, just a start towards what you want. Begin by creating a list of three things you can do to move towards calm and away from crisis, to move toward your choice.

Return to step three again before starting this list if that helps. You can always return to step three as many times as you want.

Make your list: My Three Steps

- 1.
- 2.
- 3.

Now make a commitment to yourself. Know when and how you plan to take these steps. Once you have completed your steps you are there. You will have interrupted

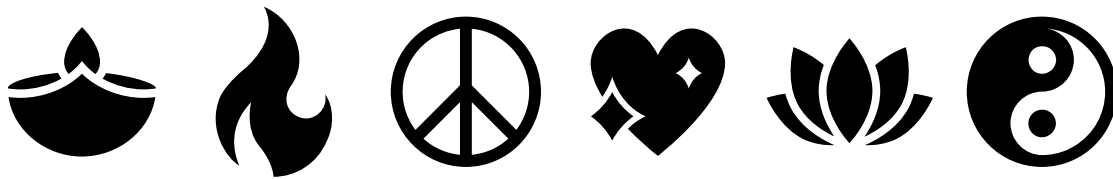
the crisis. Remember these steps do not have to be biggies. Baby steps are fine, any step at all will interrupt the crisis.

As an added accountability option, share with that trusted person, and let me know how you did. (annmarie@livingchange.net) I am always excited to hear about you and how you have started to interrupt a crisis. Life has its ups and downs, there will always be a crisis, big or small. (Let us hope they are all small)

Was this good? Did this start the process for you? If it did and you would like more? I offer two packages to assist you getting beyond the interruption.

Crisis Coaching

This is it! Everything is falling apart! Through the first three weeks of your crisis we can support you by defining the current situation and exploring what needs to change in the situation. \$360 Emotional support through the toughest times.



From Crisis to Creation

Major change can be difficult to navigate. Through my 6-step program, you will not only move through the crisis you can create lasting change. Recall, Recognize, Explore, Discover, Focus, and Create helps you to move from crisis mode to creation. Together we can bring together what you really need right now. 6 1-hour sessions \$720 Taking you from where you are to where you want to be.

<https://livingchange.net/crisis-interrupted>

Reference Numbers and Hotlines:

1 (800) 273-8255 National Suicide Prevention Lifeline Hours: 24 hours, 7 days a week Languages: English, Spanish Website: suicidepreventionlifeline.org

Need help for domestic violence? Call toll-free: 800-799-7233 (SAFE).

AIDS Hotline (800) FOR-AIDS (367-2437)

National AIDS Hotline (800) 342-AIDS

Alcohol Hotline (800) 331-2900

Al-Anon for Families of Alcoholics (800) 344-2666

Alcohol and Drug Helpline (800) 821-4357

Families Anonymous

(800) 736-9805

Judge Baker Children's Center – Child Abuse Hotline (800) 792-5200

Child Help USA National Child Abuse Hotline (800) 422-4453

Covenant House (800) 999-9999

Girls & Boys Town National Hotline (800) 448-3000

International Suicide Hotlines

National Hopeline Network (800) SUICIDE

National Suicide Prevention Lifeline (800) 273-TALK (8255)

National Youth Crisis Hotline (800) 442-HOPE (4673)

National Domestic Violence Hotline (800) 799-7233

National US Child Abuse Hotline (800) 422-4453

American Association of Poison Control Centers (800) 222-1222

America Social Health: STD Hotline (800) 227-8922

Shoplifters Anonymous (800) 848-9595

Eating Disorders Awareness and Prevention (800) 931-2237

Rape, Abuse, and Incest National Network (RAINN) (800) 656-HOPE

National Domestic Violence/Child Abuse/ Sexual Abuse (800) 799-7233

Abuse Victim Hotline (866) 662-4535

National Runaway Switchboard (800) 231-6946

National Hotline for Missing & Exploited Children (800) 843-5678