



Crisis Survival: Pros and Cons

When we are in crisis, we can become paralyzed by choice. Our brain is in conflict between the *crisis urge* (surviving/maintaining safety) and getting our *objective goals* done. Sometimes, we become focused on the *perfect* path forward rather than the *best* option available. Pros and Cons is a strategy in (1) slowing down, (2) effectively evaluating our options, (3) accepting the cost/benefit of each choice and (4) moving forward in a planful way.

A crisis urge is a goal that arises in response to distress. Typically, a crisis urge focuses on safety or survival. Often our crisis urges can be counterproductive to our objective goals (the task at hand) accomplished and may make things more difficult in the long term.

Make a list of pros and cons on acting on your crisis urge. These urges may include: engaging in an addictive or harmful behavior, giving up, or avoiding your objective goals.

Make another list of the pros and cons of resisting your crisis urge. What is the benefit and the risk of tolerating the distress?

Use the grid below to guide you.

My crisis urge(s) is/are: _____

| | Pros | Cons |
|---------------------------|------|------|
| Acting on the crisis urge | | |
| Resisting the crisis urge | | |