

When to Use Crisis Survival Skills

YOU ARE IN A CRISIS when the situation is:

- Highly stressful.
- Brief/Short-term
- Causing so much distress you can't effectively take care of the situation

USE CRISIS SURVIVAL SKILLS when:

- You have intense pain/discomfort
- You feel the urge to act on EMOTION, rather than acting in a VALUES-DRIVEN way
- You feel you are being taken over by EMOTION mind
- You are overwhelmed, yet demands must be met.

DON'T USE CRISIS SURVIVAL SKILLS for:

- Every day, typical problems.
- As your first line of defense for all stress
- Making your life worth living.