

I'm About to F-Up Grounding Guide

When you're about to spiral, say the wrong thing, or self-sabotage - pause. This tool helps interrupt the pattern:

1. STOP:

- Take one full inhale through your nose, hold for 3 seconds, exhale slowly.

2. NAME:

- Label the urge: 'I want to rage text, drink, shut down, run, etc.'

3. ASK:

- 'What am I actually trying to protect right now?'
- 'Is there a more honest or less harmful move I could make?'

4. REDIRECT:

- Step outside, walk a hallway, call someone safe
- Say, 'I'm not sure what I need yet, but I'm working on not reacting the old way.'