



## How to Come Back from a Crisis

This framework is designed to help you think through how to get your needs met during a difficult time. Use a separate document to record your responses.

### 1. Ask for what you **Need** from healthy people.

Check in with yourself. It can be helpful to address yourself using your own name.

- What does     (insert your name here)     need...
  - ... in this moment? ... today? ... this week?
  - ... to get your life more balanced?
  - ... to be healthier?

### 2. Ask for what you need from **Healthy** people

Healthy people set realistic limits on their time and energy. They are able to say ‘no.’ They resist the urge to rescue, responding to specific requests, rather than assumed needs. They only agree to a request they are willing and able to fulfill. They leave you refreshed, rather than drained.

- Who are the healthy people in your life?

### 3. **Ask** for what you need from healthy people.

This can be rough. You have the courage, but what words to use? Make simple, concrete requests. Use the structures below to get started.

- “I am (what you are working on) \_\_\_\_\_, and need (specific need) \_\_\_\_\_ for (time period) \_\_\_\_\_. Would you be interested?”
- “I don’t know how \_\_\_\_\_ works; can you help me?”
- “I have never done \_\_\_\_\_ before; is someone able to walk me through the process?”

### 4. Ask for what you need from healthy **People**.

Sometimes people will say ‘no’. Sometimes, a person who may be appropriate to fix the sink may not be the person to share emotions with. For these reasons, it is good to keep a wide circle of support. Brainstorm who are the people you can think of that are, or could become, part of your network.

- Who *do* you ask for help? Who *could* you ask? Who *has skills* that may be helpful?

### **Ask** for what you **need** from **healthy people**.

Take time to discern what you need. Identify healthy people to ask for help. Draw on your courage and ask for what you need. Repeat as needed with a growing network of support.