**Crisis To-Do List**

**Breathe:** Take a few deep breaths, and mindfully observe the breath flowing in and out.

**Notice**: Take note of your experience in this moment.  Notice what you are thinking, feeling and doing.  Allow room for each feeling.  Open up to each thought as well, without clinging or holding to any of them.  Remind yourself that there can be space.

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Right now I am thinking:

Right now I feel:

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Note: *Breath into each feeling, allowing each the required space.  Without pushing them away, remind yourself that they--like everything else--transient.  Allow them to move through you...observing them, without becoming them.*

*Once you’ve given space to the thoughts and feelings begin the inquiry:*

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How do I want to be in the face of crisis?

What values matter here?

How would I like to behave?

Do I need some help?  Or Advice?

Who can I call on for support or assistance in this situation

Has something like this happened before?  If so, what did I do?

What did I learn that might help me now?

Was that action or reaction helpful?

...in the short and long term?

...in the next half hour?

...in the next few hours?

...in the next few days?

If truly nothing can be done to improve the situation, am I willing to practice some acceptance skills?

Given the givens: What’s the most constructive thing I can do here?

What can I learn from this situation?

How can II grow from this experience?

**One final question**: “If someone whom I love and care about was in this same situation (thoughts and feelings included), how would I act toward him/ger?

What things would I say?

What advice might I give?