

I CANNOT THINK RIGHT NOW

A one-page emergency sheet for the first hours after betrayal

Start here. You do not have to solve your life tonight.

Your brain is trying to find safety by finding every answer. Right now, the goal is smaller: keep yourself safe, steady your body enough to think, and avoid decisions that cannot be undone.

DO THESE FIVE THINGS

1. Put both feet on the floor. Take one slow breath.
2. Drink water and eat something simple.
3. Contact one safe person.
4. Write down only what you know right now.
5. Decide where you will sleep and how you will stay safe tonight.

DO NOT DO THESE TONIGHT

Do not force yourself to decide whether to stay or leave. Do not promise forgiveness. Do not post publicly. Do not involve the children in adult details. Do not drive while panicked. Do not destroy property or threaten anyone. Do not keep arguing if the situation feels unsafe.

WHAT I KNOW FOR CERTAIN

WHO I CAN CONTACT NOW

FOR TONIGHT, I NEED

- | | | | |
|---------------------------------------|---|---------------------------------------|--|
| ☐ Water / food | ☐ Medication | ☐ A safe place | ☐ Childcare |
| ☐ A ride | ☐ A trusted person | ☐ Medical help | ☐ Physical distance |

Say this out loud:

"I do not need every answer tonight. I need enough safety to reach tomorrow."

MY NEXT THREE STEPS

1

2

3

If you may hurt yourself or someone else, or you are in immediate danger, contact local emergency services now.