

PROs

CONs

ACTING ON crisis urge

List the PROs of:

- acting on an urge
- giving in or giving up
- avoiding what needs to be done

*USE THIS LIST TO VALIDATE
why you want to act on an
urge*

List the CONs of:

- acting on an urge
- giving in or giving up
- avoiding what needs to be done

*USE THIS LIST TO
AVOID acting on an
urge when in distress*

RESISTING crisis urge

List the PROs of:

- resisting an urge
- not giving up
- doing what needs to be done

*USE THIS LIST TO AVOID
acting on an urge when
in distress*

List the CONs of:

- resisting an urge
- not giving up
- doing what needs to be done

*USE THIS LIST TO
VALIDATE why you struggle
resisting an urge*