

URGE MANAGEMENT/CRISIS PLAN

When urges strike...DELAY!

1. FREEZE
2. What is the urge and why? Rate the intensity.
3. If the intensity is 8 or above, call for coaching, or do TIPP, ACCEPTS, SELF SOOTHE (*look at your prefilled pages on these*) until the intensity comes down where you can remember cons of behavior and are in wise mind.
4. Label all emotions you feel and why
5. What are you avoiding? What problem are you trying to solve? Have you done PLEASE?
6. Validate your emotions
7. Do the emotions fit the facts? (ER handout 8a)
8. Follow flow chart on ER handout 9 to figure out when to do with emotions.
9. Review pros and cons when you're in wise mind. Remember goals
10. Go on with your day or do a BPE.

Remember goal is to tolerate and ride out intensity of emotions and attend to the emotions skillfully.

List people you can call in times of crisis

Therapist:	

- National Suicide Prevention Lifeline at [1-800-273-8255](tel:1-800-273-8255).
- Acute Psychiatric Services [612-873-3161](tel:612-873-3161)
- Carver/Scott County Mobile Crisis Services [952-442-7601](tel:952-442-7601)
- Hennepin County Mobile Crisis Services – Child [612-348-2233](tel:612-348-2233)
- Hennepin County Crisis COPE [612-596-1223](tel:612-596-1223)
- Suicide Hotline [612-873-2222](tel:612-873-2222)
- Trevor Life Line (LGBT youth) [1-866-488-7386](tel:1-866-488-7386)
- National Sexual Assault Hotline [1-800-656-HOPE](tel:1-800-656-HOPE)

My Reasons for Living:

Life Worth Living Goals: