Diary card *one row a day, about thirty seconds*

The card

Write sleep in hours, meals from 0 to 3, the 0–10 columns from none to the most, and Y or N in the Y/N columns. “Other urge” is whatever else you are trying to do less of, “Acted?” means you acted on any urge, and “One word why” is what most shaped the day. Write the skill and its page. Anything else goes in the Notes box. If suicidal thoughts are high or have become an intention, use your crisis plan (page 52): call 911 if you are in danger, or call or text 988 in the US (elsewhere, findahelpline.com).

Day	**Sleep** hours	**Meals** 0–3	**Meds as prescribed** Y/N	**Alcohol or drugs** Y/N	**Emotional pain** 0–10	**Shame** 0–10	**Fear of being left** 0–10	**Empty** 0–10	**Anger** 0–10	**Split?** Y/N	**Self-harm urge** 0–10	**Suicidal thoughts** 0–10	**Other urge** 0–10	**Acted?** Y/N	**Skill used** and page	**One word why**
Mon																
Tue																
Wed																
Thu																
Fri																
Sat																
Sun																

This week’s skill, and its page

Week of

The best moment of the week, however small

The hardest moment, and what came before it

Notes: crises, changes of medication, anything else

Exercise 3.3 *twenty minutes, on a calm day*

My hot-moment plan

Write this on a calm day so that it is ready when you need it.

How to do it

1. On a calm day, fill in each part of the card in a few words, using the pages in this chapter that helped most.
2. Photograph the card so that a copy is on your phone.
3. Send it to one person who is usually around, so that they can read it to you if you need them to.

My hot-moment plan

How mine starts: the first signs in my body

e.g. Hot face, tight jaw, thumb already on the phone

My two fastest ways to bring my body down

Where the phone goes and for how long

The "and" sentence I will try to say

My exit line with its number

e.g. I'm too wound up to talk. Back in twenty minutes.

Who I tell when the urge is loud

What to do with your answers

Read the plan at the first sign in your body, before you reach nine out of ten. Once things are calm again, update anything that did not work.

Exercise 4.1 *thirty minutes, on a good evening*

My crisis plan

Write it while calm, because in the worst hour you can only read it.

How to do it

1. Fill in each part briefly, starting with “What I will not do and where the means go and who keeps them.”
2. Outside the US, add a crisis line from findahelpline.com.
3. Send a photo to someone you see most days.

My crisis plan

I know a crisis is building when *e.g. I stop eating and keep checking messages*

What I do before any decision

What I will not do and where the means go and who keeps them

e.g. Spare medication goes to my sister’s; I keep a week’s supply.

People to call in order: name · number · when

Numbers: Emergency 911 (US) · Crisis line: call or text 988 (US) · My team · After hours

What has gotten me through before

Reasons to reach the morning *e.g. My niece’s birthday on Saturday*

What to do with your answers

Keep the photo on your home screen and a copy by your bed. Read it at the first sign in part one. Update it after any crisis (page 55).

Cards *photocopy the page, then cut the copy*

Cards for the hardest moments

Keep one or two where you will see them. All twelve are free at ndxnd.com/bpd-printables.

Nothing gets sent for an hour

page 34

Why it helps

The story is at its loudest in the first hour, and a sent message cannot be taken back.

How

Draft it in a note that cannot send. Then go for a fast walk or use the stairs, and read the draft again in an hour.

"I'm in the flipped version"

page 11

Why it helps

Under enough feeling the middle disappears and memory takes sides. It usually settles within hours.

How

Say it out loud, read your evidence list on page 12 and decide nothing tonight.

The urge is loud

page 41

Why it helps

It rises and falls like a wave, and you only need to outlast this peak.

How

Wait fifteen minutes away from the means and tell one person, then wait fifteen more. If it becomes an intention, call 911. For a crisis counselor, call or text 988 (US; elsewhere, findahelpline.com). If you are hurt or swallowed anything, call 911 or Poison Help (1-800-222-1222).

The nine-out-of-ten kit

page 36

Why it helps

At the peak, the body is the one way in that still works.

How

Cool, not icy, water on the face for up to thirty seconds, then hard exercise or long breaths out. Ask a doctor first if you have a heart condition, slow heart rate, Raynaud's, cold allergy, fainting history or eating disorder, are pregnant or take heart-slowing medicine. Never after alcohol or drugs. Stop if dizzy.

When the story feels certain

page 38

Why it helps

A story that feels finished can still be wrong.

How

Name the feeling, write the camera facts and find two other explanations. Then wait before acting on it.

The "and" sentence

page 40

Why it helps

It is hard to answer shouting or clinging, and much easier to answer a sentence with "and" in it.

How

"I'm furious with you, and I'm terrified of losing you, and both are true."

Cards *photocopy the page, then cut the copy*

Cards to give to someone

These six are for the person who loves you, so that in a hard moment they know what helps. Give them away in advance.

Stay predictable

page 103

Why it helps

The fear underneath is being left, and steadiness calms it while drama feeds it.

How

A low voice and no ultimatums. If you need to leave the room, say "twenty minutes" and keep to it.

Say back what you heard

page 105

Why it helps

It shows the message arrived, without having to agree, and it calms things faster than solutions.

How

"So the silence felt like me pulling away." Answer the question after that.

Do what you said you would

page 104

Why it helps

Reassurance wears off quickly under this much fear, while actions last.

How

"I'll call you at 9 p.m.," and then call at 9 p.m.

Remember that the flip is temporary

page 103

Why it helps

In the middle of a flip, good memories are hard to reach. They are not pretending.

How

Do not argue the case. Say "I love you, and I'm not going anywhere tonight. We'll talk tomorrow." Then stop.

Set limits and keep them

page 107

Why it helps

Predictable limits lower everyone's fear, while threats that are not kept raise it.

How

"I won't be called that. I'll be back at 8 p.m." Say it calmly and keep to it exactly.

Use the crisis plan

page 108

Why it helps

You can sit with them and call with them, but you cannot be their crisis line every night.

How

If their life is in danger, call 911 or the local emergency number. Call or text 988 for advice when you are worried about someone. Elsewhere, see findahelpline.com.