

REASONS TO STAY

Why I'm Staying

- ☐ I don't want to go back to where I was
- ☐ I promised myself/someone I'd see this through
- ☐ I'm not thinking clearly—waiting helps
- ☐ Leaving may not help; staying might
- ☐ Even if it's hard, I can still get something from this
- ☐ I deserve a real chance at change

IF I WANT TO LEAVE I WILL

- Wait 24 hours
- Talk to staff/support
- Re-read this card

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THE FIRST 72 HOURS

Survival Tips

- Give it one full week before big decisions
- Eat/sleep/hydrate—basics matter
- Be honest with staff about symptoms
- Go to group even if you don't feel like it
- Ask one question per day
- Write one reason you said yes, daily

QUICK CHECK-IN:

- How am I feeling?
- What helps?
- Who can I tell?

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PROGRESS TRACKER CARD

Today I will:

- ☐ Attend sessions
- ☐ Eat 3x
- ☐ Hydrate 6–8 cups
- ☐ Sleep 7–9 hrs
- ☐ Move 10–20 min
- ☐ Use 1 coping skill

People I can contact: _____

One win today: _____

Triggers I managed: _____
