

THE UNDERRATED DISPATCH

MONTHLY STRATEGIES FOR THE UNDERDOG CLINICIAN

THIS MONTH'S FEATURE

NEW: CLINICAL WALLET CARDS — TOOLS THAT FIT IN YOUR POCKET

Your clients don't need another handout that ends up in the trash. They need something they'll actually keep.

Introducing the Clinical Wallet Card Collection:

HALT Check-In Card — Hungry, Angry, Lonely, Tired. Four questions that interrupt a craving before it takes over.

Mindfulness Grounding Card — A portable grounding exercise for moments when everything feels like too much.

Regulate Card — A quick-reference emotional regulation tool clients can pull out anywhere.

Small enough for a wallet. Sturdy enough to survive a back pocket. Designed for real life, not a therapist's Pinterest board.

[SHOP WALLET CARDS NOW](#)

BONUS SPECIAL: NEW CLINICIAN SURVIVAL SERIES - ONGOING

Weekly strategies that bridge theory and reality for counselors in their first two years. Includes real-world navigation tips, confidence-building frameworks, and "what they didn't teach you in grad school" breakdowns.

IMPLEMENTATION NOTES

March's series tackles the stuff that doesn't show up in job descriptions: the coworker who makes you want to quit and the profession that demands everything but pays like it doesn't matter. Real talk for Social Work Month.

QUICK WIN TOOL OF THE MONTH

The 3-Before-3 Rule

3 questions. 2 minutes. No excuses.

1. Have I talked to them directly?
2. Is this about a pattern or a one-time thing?
3. Am I looking for a solution or an audience?

If you can't answer all three honestly, you're not venting — you're recruiting. And recruiting turns friction into fracture.

The 3-Before-3 Rule

Before you vent to 3 people, ask yourself 3 questions.

Venting is healthy. You need to be able to say "I'm frustrated" to someone you trust. But there's a difference between processing and performing. Between seeking clarity and recasting allies. This tool helps you check which one you're doing — before you say something you can't take back.

1. **Have I talked to them directly?**
If the answer is no, that's your first move — not the break room. Direct doesn't mean confrontational. It means honest.
2. **Is this about a pattern or a one-time thing?**
One bad day isn't a character flaw. But if it keeps happening, that's data — not drama.
3. **Am I looking for a solution or an audience?**
Be honest. If you want someone to agree with you, that's not venting. That's campaigning.

THE GUT CHECK

FIND IT NOW IN YOUR PROFESSIONAL RESOURCES

MARCH MISSION UPDATES

- **Mastery Series** (3/8) 6th Article Release with Materials
- **Featured Board** (3/1) Community Mental Health
- **Monthly Content Drop** (3/15)
- **New Clinician Series Releases** (3/1; 3/8; 3/15; 3/22; 3/29)
- **Social Work Month** — all March content honors the people doing the work

Underrated Tactic: The Question You're Not Asking

STOP VENTING. START CHECKING.

Most clinicians don't realize when venting crosses into toxicity. The difference isn't volume — it's intent.

The fix: Next time you're about to talk about a coworker, pause and run the 3-Before-3. If you haven't talked to them, it's a one-time thing, and you're looking for agreement not solutions — close your mouth. Open your journal. Call your therapist.

The coworker might be the problem. But the way you handle it determines whether YOU become one too.

PAIRS PERFECTLY WITH THIS MONTH'S QUICK WIN: THE 3-BEFORE-3 RULE