

When to Use Crisis Survival Skills

YOU ARE IN A CRISIS when the situation is:

- · Highly stressful.
- Short-term (that is, it won't last a long time).
- Creates intense pressure to resolve the crisis *now*.

USE CRISIS SURVIVAL SKILLS when:

- 1. You have intense pain that cannot be helped quickly.
- 2. You want to act on your emotions, but it will only make things worse.
- 3. Emotion mind threatens to overwhelm you, and you need to stay skillful.
- 4. You are overwhelmed, yet demands must be met.
- 5. Arousal is extreme, but problems can't be solved immediately.

DON'T USE CRISIS SURVIVAL SKILLS for:

- · Everyday problems.
- Solving all your life problems.
- Making your life worth living.