AN UNNORMAL FREE RESOURCE

BAD STUFF HAPPENS

A one-page place to put it down before it piles up.

DATE

WHAT HAPPENED:

HOW I FEEL ABOUT IT RIGHT NOW (no wrong answer):

WHAT'S IN MY CONTROL:

WHAT'S NOT IN MY CONTROL (it's okay to let this stay unfixed):

ONE SMALL THING I CAN DO TODAY:

ONE PERSON I COULD TELL:

Bad stuff happens. Writing it down is not weakness — it's how it stops running on its own later.