

The Hit-By-A-Bus Plan (for self)

Pre-Planning for Psychological Crisis

What are three warning signs inside yourself *that you can reliably self-recognize* as a sign your sanity's dangerously slipping? (These signs need not make sense to anyone but you.)

- 1.
- 2.
- 3.

What are three warnings signs from other, *trustworthy* people that your sanity's slipping?

- 1.
- 2.
- 3.

What are three things you can do that reliably improve these states? (TV you watch? books you read? people you see?)

- 1.
- 2.
- 3.

What are three things that, if you do them, make these states worse and thus must be avoided? (that thing they call "doomscrolling"?)

- 1.
- 2.
- 3.

What are soul-nourishing, quieting, recharging activities that are helpful in general?

What are soul-decaying, counterproductive habits to be aware of? If you find yourself falling into them, it could be a sign of danger.

The Hit-By-A-Bus Plan (for others)

Crisis Warning Signs:

What Needs Doing?

Money payments need to be made to these people, through this method, and this often:

Who to call and what to tell them: (school, bosses, friends...)

My dependents and their needs are:

DO NOT DO THE FOLLOWING THINGS: