4.3

WORKSHEET · CHAPTER 4

Pocket kit

Pack it once, keep it packed, keep it by the door.

☐ Headphones or earplugs ☐ Hat or sunglasses

☐ Something for my hands ☐ A drink ☐ Something to eat

Anything else _____

Time limit _____

My exit, chosen now _____

My recovery spot _____

On a bad day: headphones in, list in hand, and leave the moment you need to.