

BONUS TOOL

The Crisis Card

For The Sixty Seconds Before You Do Something You Cannot Undo

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A Bonus Tool Included With The Hold

Screenshot the card on the next page and save it to your phone. Use it in the sixty seconds before you send the message, make the call, or create the distance you will spend the next three days trying to undo.

*The crisis is
about to act*

WHEN TO USE IT

1. You are about to send a cold or distant message after he said something good.
2. You have gone quiet and are about to go quieter.
3. He called and you almost did not pick up for no real reason.
4. You are about to pick a fight about something that is not the real thing.
5. You can feel yourself creating distance and you do not fully know why.
6. The pull has arrived and you are thirty seconds from acting on it.

Place your hand on your chest.

After you use the card and the ten minutes have passed, check in with yourself. Has anything actually changed about the situation? Is there new information? Or is the pull still running the same story with no new evidence? If nothing has changed except that you waited, stay.

The Crisis Card does not make decisions for you. It gives you ten minutes of space between the pull and the action. In those ten minutes the pull almost always loses its urgency. That is the whole point.