WORKSHEET **When to Get Professional Help**

Tick any that fit, then book a doctor or licensed therapist.

- ☐ Even my lowest rungs bring panic, or I avoid people so they can't ask
- ☐ I've felt anxious, low or flat for weeks, and it's getting in the way
- ☐ Saying no feels dangerous in a way that seems tied to my past
- ☐ Saying no to someone in my life could put me at risk
- ☐ I've had thoughts of harming myself (talk to a doctor today)

If I ticked a box, the call I'll make and when: _____

© 2026 Blake Tenney · From *Disappoint Someone Today* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads