CHECKLIST **When to Get Professional Help**

Tick any that apply. One tick is enough reason to talk to someone.

- ☐ Low mood, emptiness or hopelessness that has lasted more than two weeks
- ☐ Anxiety or worry that stops you from doing everyday things, such as going to work or seeing friends
- ☐ Trouble sleeping most nights because of replaying or worrying
- ☐ Comments or criticism that leave you shaken for days, time after time, even after using the tools in this book
- ☐ Someone in your life threatens you, frightens you, controls your money or friendships, or hurts you
- ☐ You use alcohol, food or other things to numb the sting more often than you'd like
- ☐ You have thoughts of harming yourself or that life isn't worth living

© 2026 Blake Tenney · From *That Wasn't About Me* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads