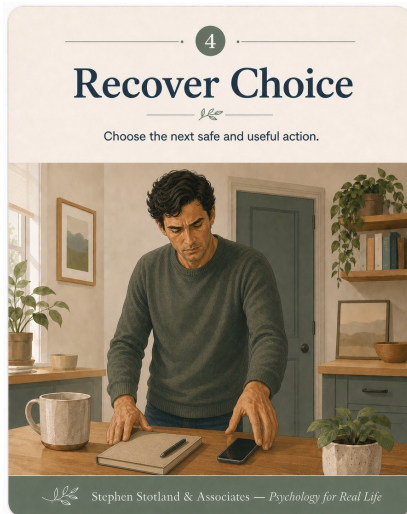


STEP 4 OF 4 · RETURNING TO THE PRESENT

Recover Choice

Regain enough perspective to choose the next safe and useful action.



FOUR-STEP REMINDER

Notice → Reconnect → Check → Choose

The state is real. It may not be the whole situation.

Choose one next action

Depending on the situation, you might:

What is the next safe and useful thing I can do?

- ask for support;
- move or use relaxation;
- create distance;
- eat, drink water, or rest;
- set a boundary;
- leave;
- delay an urge;
- continue with a constructive next step; or
- mindfully observe what remains.

You do not need to feel calm before you can make a useful choice.

If the state is still strong

Choose the smallest safe step: pause, contact someone, change the setting, or stay externally oriented. The best choice may be support, a boundary, leaving, or emergency help - not remaining in the situation.