



RESOURCE 1.1

WHEN THINGS GET HARD" EMERGENCY TOOLKIT

HVL Connect Client Resource

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ABOUT THIS TOOLKIT

Purpose: This toolkit provides immediate support during relationship crisis or emotional overwhelm. Use it when you're in distress and need help right now.

When to use this:

- You're in a relationship crisis
- You're emotionally overwhelmed
- You don't know what to do next
- You need immediate grounding
- You're considering drastic decisions
- You feel unsafe (emotionally or physically)

What this toolkit provides:

- Immediate crisis response steps
- Grounding and calming techniques
- Decision-making guidance
- 24-hour survival plan
- Emergency contacts
- Path forward after crisis



PART 1: UNDERSTANDING CRISIS

What Constitutes a Crisis?

A relationship crisis is:

- A situation that feels overwhelming and unmanageable
- A moment when you don't know what to do next
- An event that threatens the relationship's survival
- A time when emotions are so intense you can't think clearly
- A situation where immediate action or decision feels necessary

Common relationship crises:

- Discovery of infidelity or betrayal
- Major breach of trust
- Serious consideration of separation/divorce
- Explosive conflict or fight
- Partner says they want out
- Discovery of hidden information (financial, addiction, etc.)
- Emotional or verbal abuse incident
- Threat of physical harm
- Mental health emergency (suicidal thoughts, severe depression)
- Major life event creating overwhelming stress

Normal vs. Emergency

NORMAL RELATIONSHIP CHALLENGES (not crisis):

- Regular disagreements or arguments
- Feeling disconnected or distant
- Communication difficulties
- Different opinions or preferences
- Stress from work, family, or life
- Sexual or intimacy challenges
- Annoyance or frustration with partner

These are important but not emergencies. Address them in coaching or therapy.



RELATIONSHIP CRISIS (use this toolkit):

- Betrayal or major trust breach
- Serious consideration of ending relationship
- Explosive conflict that feels dangerous
- Emotional overwhelm preventing function
- Partner threatening to leave
- Discovery of major deception
- Situation requiring immediate decision

These need immediate support and this toolkit.

SAFETY EMERGENCY (call 911 or crisis line):

- Physical violence or threat of violence
- Suicidal thoughts or plans
- Severe mental health crisis
- Immediate danger to self or others
- Medical emergency

Do not use this toolkit alone. Call for professional help immediately.



PART 2: IMMEDIATE CRISIS RESPONSE

Step 1: Safety Assessment

Ask yourself:

- ☐ Am I physically safe right now?
- ☐ Is my partner physically safe?
- ☐ Are children (if applicable) safe?
- ☐ Is anyone at risk of harm?

If NO to any of these:

- Remove yourself from dangerous situation
- Call 911 if immediate danger
- Go to safe location (friend, family, hotel, shelter)
- National Domestic Violence Hotline: 1-800-799-7233

If YES to all:

- You can proceed with this toolkit
- You're safe to take time to think
- Continue to Step 2

Step 2: Ground Yourself

You cannot make good decisions in a state of panic or overwhelm. Ground yourself first.

GROUNDING TECHNIQUE 1: *The 5-4-3-2-1 Method*

Name out loud:

5 things you can SEE:

1. _____
2. _____
3. _____
4. _____
5. _____

4 things you can TOUCH:

1. _____
2. _____
3. _____
4. _____

3 things you can HEAR:

1. _____
2. _____
3. _____

2 things you can SMELL:

1. _____
2. _____

1 thing you can TASTE:

1. _____

Repeat until you feel more present and less panicked.

GROUNDING TECHNIQUE 2: Box Breathing

Do this for 5 minutes:

1. Breathe IN for 4 counts (1-2-3-4)
2. HOLD for 4 counts (1-2-3-4)
3. Breathe OUT for 4 counts (1-2-3-4)
4. HOLD for 4 counts (1-2-3-4)
5. Repeat

Focus only on counting and breathing. Let other thoughts pass.

GROUNDING TECHNIQUE 3: Body Scan

Slowly scan your body from head to toe:

- Notice your head and face. Relax tension.
- Notice your neck and shoulders. Drop them down.
- Notice your chest and breathing. Slow it down.
- Notice your arms and hands. Unclench fists.
- Notice your stomach. Soften it.
- Notice your legs and feet. Feel them on the ground.

You are here. You are present. You are safe in this moment.



Step 3: Create Immediate Calm

You need a calm space to think. Create one.

Physical space:

- ☐ Go to a quiet room
- ☐ Close the door
- ☐ Turn off phone notifications (temporarily)
- ☐ Sit or lie down comfortably
- ☐ Dim lights or close curtains
- ☐ Get water or tea

Mental space:

- ☐ Tell yourself: "I don't have to decide anything right now"
- ☐ Tell yourself: "I can take time to think"
- ☐ Tell yourself: "This feeling will pass"
- ☐ Tell yourself: "I will get through this"

Emotional space:

- ☐ Allow yourself to feel without judgment
- ☐ Cry if you need to
- ☐ Acknowledge this is hard
- ☐ Be compassionate with yourself

Step 4: Reach Out for Support

You don't have to do this alone.

Call someone safe:

- ☐ Trusted friend
- ☐ Family member
- ☐ Your coach (Dante: 832-800-0417)
- ☐ Therapist (if you have one)
- ☐ Crisis hotline (if needed)

What to say:

"I'm going through something really hard right now and I need support. Can you talk?"

What you need from them:

- Listening without judgment
- Emotional support
- Help thinking through situation
- Reminder that you'll get through this

NOT:

- Immediate advice or solutions
- Pressure to make decisions
- Gossip or drama
- Taking sides

CRISIS HOTLINES (if you need immediate support):

National Suicide Prevention Lifeline: 988

Crisis Text Line: Text HOME to 741741

National Domestic Violence Hotline: 1-800-799-7233

SAMHSA National Helpline: 1-800-662-4357



PART 3: EMOTIONAL REGULATION TOOLS

The STOP Technique

When emotions are overwhelming, STOP:

S = STOP

Literally stop what you're doing. Freeze.

T = TAKE A BREATH

Take several slow, deep breaths.

O = OBSERVE

Notice what's happening inside you and around you.

What am I feeling? What am I thinking? What's actually happening?

P = PROCEED

Continue with awareness and intention.

What do I need right now? What's the wise choice?

Self-Soothing Strategies

PHYSICAL SELF-SOOTHING:

- Take a warm shower or bath
- Wrap yourself in a soft blanket
- Hold ice cubes in your hands
- Splash cold water on your face
- Go for a walk
- Do gentle stretching
- Listen to calming music
- Pet an animal
- Drink hot tea slowly

EMOTIONAL SELF-SOOTHING:

- Write in a journal
- Talk to yourself with compassion
- Look at comforting photos
- Read something uplifting
- Watch something comforting (not triggering)
- Practice self-compassion phrases
- Allow yourself to cry



- Hug a pillow or stuffed animal

MENTAL SELF-SOOTHING:

- Count backwards from 100
- List things you're grateful for
- Recite a calming phrase or prayer
- Focus on one thing at a time
- Remind yourself of past challenges you've overcome
- Tell yourself: "This is temporary"

Distress Tolerance Skills

WHEN YOU NEED TO GET THROUGH THE NEXT HOUR:

ACCEPTS:

- **Activities:** Do something engaging (clean, organize, puzzle, game)
- **Contributing:** Help someone else
- **Comparisons:** Remember times you felt worse and survived
- **Emotions:** Do something to create different emotion (funny video, uplifting music)
- **Pushing away:** Mentally push away the situation for now
- **Thoughts:** Focus on something else (count, recite, read)
- **Sensations:** Create strong sensation (ice, hot shower, exercise)

IMPROVE:

- **Imagery:** Visualize a peaceful place
- **Meaning:** Find purpose in the pain
- **Prayer:** Connect to higher power or values
- **Relaxation:** Use breathing, progressive muscle relaxation
- **One thing:** Focus on just this moment
- **Vacation:** Take a brief mental break
- **Encouragement:** Give yourself a pep talk

Creating a Calm Space

If you're at home and need to create calm:

Your calm space checklist:

- Private room with door



- Comfortable place to sit or lie down
- Soft lighting (lamp, candles, dimmed)
- Comforting items (blanket, pillow, photos)
- Water or tea
- Journal and pen
- Phone (for support calls, not scrolling)
- This toolkit

What to remove:

- Alcohol or substances
- Items that remind you of the crisis
- Screens (except for support calls)
- Clutter or chaos

How long to stay:

- As long as you need to feel calmer
- At least 30 minutes
- Up to several hours if needed
- Return to this space as often as needed



PART 4: CRISIS DECISION-MAKING

Should I Stay or Leave (Temporarily)?

If you're considering leaving the situation temporarily

LEAVE TEMPORARILY IF:

- You feel unsafe
- You're too angry to be in same space
- You need physical distance to think
- Staying will escalate the situation
- You need support from others
- You can't calm down in current environment

STAY IF:

- You feel physically and emotionally safe
- You can create calm space at home
- Leaving would escalate partner's reaction
- You have nowhere safe to go
- You want to work through this together
- You can regulate your emotions here

IF YOU DECIDE TO LEAVE TEMPORARILY:

Where to go:

- Friend or family member's home
- Hotel
- Your own space (if you don't live together)
- Safe public place (coffee shop, library)

What to bring:

- Phone and charger
- Wallet/ID
- Medications
- Change of clothes
- This toolkit
- Comfort items



What to communicate:

"I need some space to think and calm down. I'll be at [location]. I'll reach out when I'm ready to talk."

NOT:

- "I'm leaving you" (unless you're sure)
- Threats or ultimatums
- Blame or attacks
- Dramatic exits

How long:

- A few hours to overnight
- Long enough to calm down and think
- Not so long it creates more anxiety
- Communicate when you'll reconnect

Do I Need Professional Help Now?

SEEK IMMEDIATE PROFESSIONAL HELP IF:

- ☐ You're having thoughts of suicide
- ☐ You're thinking of harming yourself
- ☐ You're thinking of harming your partner
- ☐ You've experienced physical violence
- ☐ You're having a mental health crisis
- ☐ You're using substances to cope
- ☐ You can't function (eat, sleep, work)
- ☐ Crisis has lasted more than 72 hours with no improvement

WHERE TO GET HELP:

- Call 988 (Suicide Prevention Lifeline)
- Go to emergency room
- Call your therapist's emergency line
- Call crisis hotline
- Contact your doctor



SEEK PROFESSIONAL SUPPORT SOON (within days) IF:

- ☐ Crisis involves betrayal or major trust breach
- ☐ You're seriously considering ending relationship
- ☐ You can't stop thinking about the crisis
- ☐ You're having panic attacks
- ☐ You can't sleep or eat
- ☐ Crisis is affecting your work or daily life
- ☐ You don't know how to move forward
- ☐ You and partner can't communicate without escalating

WHERE TO GET HELP:

- Schedule emergency session with your coach
- Find a therapist (see Resource 1.3)
- Attend couples therapy
- Join support group

Who Can I Call for Support?

CREATE YOUR CRISIS SUPPORT LIST NOW:

Person 1:

Name: _____
Phone: _____
Relationship: _____
Why they're safe: _____

Person 2:

Name: _____
Phone: _____
Relationship: _____
Why they're safe: _____

Person 3:

Name: _____
Phone: _____
Relationship: _____
Why they're safe: _____

Professional Support:

Coach: Dante Yigael - 832-800-0417

Therapist (if applicable): _____

Crisis Line: 988 or text HOME to 741741



Crisis Decision Tree

USE THIS TO MAKE DECISIONS:

Question 1: Am I safe?

- NO → Leave situation, call 911 or crisis line
- YES → Continue

Question 2: Do I need to make a decision RIGHT NOW?

- YES → What decision? Is it truly urgent or does it feel urgent?
- NO → Give yourself 24-72 hours to think

Question 3: Am I calm enough to think clearly?

- NO → Use grounding techniques, don't decide yet
- YES → Continue

Question 4: Have I talked to someone I trust?

- NO → Call support person before deciding
- YES → Continue

Question 5: What are my options?

- List all options (not just the extreme ones)
- Consider consequences of each
- Which aligns with my values?

Question 6: What do I need right now (not forever)?

- Space? Time? Support? Safety? Clarity?
- Focus on immediate needs, not permanent solutions

Decision: Based on above, what's the wise next step?



PART 5: 24-HOUR CRISIS SURVIVAL PLAN

Hour-by-Hour Guide

When you're in crisis, structure helps. Follow this plan for the first 24 hours.

HOURL 1: IMMEDIATE RESPONSE

- Assess safety
- Ground yourself (5-4-3-2-1 or box breathing)
- Create calm space
- Drink water

Focus: *Getting calm and safe*

HOURL 2: REACH OUT

- Call support person
- Talk through what happened
- Express feelings
- Ask for what you need

Focus: *Not being alone*

HOURL 3: BASIC NEEDS

- Eat something (even if you're not hungry)
- Drink water
- Use bathroom
- Take any medications

Focus: *Physical care*

HOURLS 4-6: PROCESSING

- Journal about what happened
- Use emotional regulation tools
- Allow yourself to feel
- Practice self-compassion

Focus: *Emotional processing*

HOURLS 7-8: DISTRACTION

- Do something engaging but not taxing
- Watch comfort show/movie
- Read
- Light activity (walk, stretch)

Focus: *Mental break*



HOURS 9-12: REST

- Try to sleep (even if just rest)
- Use sleep hygiene techniques
- Lie down in dark, quiet room
- Listen to calming sounds
- Don't force sleep, just rest

Focus: Physical and mental rest

HOURS 13-14: WAKE AND RESET

- Gentle wake-up
- Shower or wash face
- Eat breakfast/meal
- Drink water
- Get fresh air (open window or step outside)

Focus: Fresh start

HOURS 15-16: ASSESSMENT

- How am I feeling now vs. last night?
- What do I need today?
- Who do I need to contact?
- What decisions (if any) need to be made?

Focus: Taking stock

HOURS 17-18: LIGHT ACTIVITY

- Go for walk
- Do gentle exercise
- Organize something small
- Engage in hobby
- Connect with safe person

Focus: Movement and engagement

HOURS 19-20: NOURISHMENT

- Eat proper meal
- Drink water
- Take vitamins/medications
- Avoid alcohol or substances

Focus: Physical care



HOURS 21-22: PLANNING

- What do I need tomorrow?
- Who do I need to talk to?
- What support do I need?
- What's my next step?

Focus: *Looking ahead*

HOURS 23-24: WIND DOWN

- Evening routine
- Prepare for sleep
- Practice gratitude (even for small things)
- Acknowledge: "I survived today"

Focus: *Closing the day*

Self-Care Essentials During Crisis

PHYSICAL CARE:

- Eat at least 2 meals (even if small)
- Drink water regularly
- Sleep or rest (aim for 6+ hours)
- Shower or bathe
- Take medications
- Avoid alcohol and drugs
- Get fresh air
- Move your body gently

EMOTIONAL CARE:

- Allow yourself to feel
- Cry if you need to
- Journal or express emotions
- Talk to safe people
- Practice self-compassion
- Use grounding techniques
- Avoid numbing or escaping
- Be patient with yourself



MENTAL CARE:

- Limit decision-making
- Avoid rumination spirals
- Use distraction when needed
- Challenge catastrophic thinking
- Focus on one moment at a time
- Remind yourself: "This is temporary"
- Don't make permanent decisions in temporary emotions

SOCIAL CARE:

- Reach out to support people
- Accept help when offered
- Avoid isolating completely
- Limit contact with toxic people
- Don't overshare on social media
- Protect your privacy
- Choose safe confidants

What NOT to Do During Crisis

DON'T:

- Make major life decisions (wait 72 hours minimum)
- Use alcohol or drugs to cope
- Engage in self-harm
- Lash out at others
- Post about crisis on social media
- Contact partner repeatedly if you need space
- Ignore your basic needs (food, sleep, water)
- Isolate completely
- Engage in risky behavior
- Make threats or ultimatums
- Involve children in adult crisis
- Gossip or seek validation through drama

INSTEAD:

- Give yourself time to think clearly
- Use healthy coping strategies
- Reach out for appropriate support



- Take care of your basic needs
- Protect your privacy
- Respect boundaries (yours and others')
- Focus on getting through today
- Make small, manageable choices
- Be kind to yourself

Connection Points

PEOPLE TO CONNECT WITH IN FIRST 24 HOURS:

Hour 2: Support person #1

Purpose: Immediate emotional support

What you need: Listening, validation, presence

Hour 6: Support person #2 or same person

Purpose: Check-in, continued support

What you need: Perspective, encouragement

Hour 12: Professional support (coach, therapist) if available

Purpose: Guidance, crisis intervention

What you need: Professional perspective, next steps

Hour 18: Support person again

Purpose: Update, continued connection

What you need: Accountability, not being alone

Hour 24: Plan next support contact

Purpose: Ongoing support structure

What you need: Continued care, follow-up



Safety Planning

IF CRISIS INVOLVES SAFETY CONCERNS

My safety plan:

Safe people I can call:

1. _____
2. _____
3. _____

Safe places I can go:

1. _____
2. _____
3. _____

Items I need if I have to leave quickly:

- ☐ Phone and charger
- ☐ ID and important documents
- ☐ Medications
- ☐ Money/credit cards
- ☐ Keys
- ☐ Change of clothes
- ☐ Children's essentials (if applicable)

Important documents location:

Money I have access to:

Transportation plan:

Code word with trusted person (if needed):



Local domestic violence resources:

National Hotline: 1-800-799-7233

Local shelter: _____

Local police (non-emergency): _____



PART 6: AFTER THE CRISIS

Processing What Happened

Once you're calmer (24-72 hours later), process the crisis:

REFLECTION QUESTIONS:

What happened?

What triggered the crisis?

How did I respond?

What helped me get through it?

What didn't help?

What am I feeling now?

What do I need going forward?

What have I learned?



Repair and Reconnection

IF CRISIS INVOLVED YOUR PARTNER:

Before reconnecting, ask yourself:

- Am I calm enough to communicate?
- Do I know what I want to say?
- Can I listen without becoming defensive?
- Am I safe (emotionally and physically)?
- What outcome am I hoping for?

When you're ready to reconnect:

Step 1: Request a conversation

"I'd like to talk about what happened. When would be a good time for you? I need about [time] and I want us both to be calm."

Step 2: Start with your experience

"When [event] happened, I felt [emotion] because [reason]."

Step 3: Listen to their experience

"Help me understand your perspective. What was happening for you?"

Step 4: Acknowledge impact

"I can see how [their experience] was difficult for you."

"I'm sorry for [specific thing you're responsible for]."

Step 5: Discuss what you both need

"Going forward, I need [specific need]."

"What do you need from me?"

Step 6: Make a plan

"How can we handle this differently next time?"

"What support do we need?"



Learning from the Crisis

EVERY CRISIS TEACHES SOMETHING:

What this crisis revealed:

About me: _____

About my partner: _____

About our relationship: _____

About our patterns: _____

Warning signs I missed:

What I'll do differently next time:

Support I need to prevent future crises:

Boundaries I need to set:

Professional help I need:



Preventing Future Crises

CRISIS PREVENTION STRATEGIES:

Early warning signs to watch for:

- ☐ Increased conflict frequency
- ☐ Avoiding difficult conversations
- ☐ Emotional distance growing
- ☐ Resentment building
- ☐ Communication breaking down
- ☐ Intimacy declining
- ☐ Trust erosion
- ☐ Feeling disconnected
- ☐ Unhealthy coping (substances, avoidance)
- ☐ Ignoring problems

When I notice warning signs, I will:

1. _____
2. _____
3. _____

Regular relationship maintenance:

- ☐ Weekly check-ins
- ☐ Monthly deeper conversations
- ☐ Regular date nights
- ☐ Ongoing coaching or therapy
- ☐ Individual self-care
- ☐ Address issues early
- ☐ Maintain connection rituals

My commitment to prevention:



When to Seek Ongoing Support

CONSIDER ONGOING PROFESSIONAL SUPPORT IF:

- ❑ Crises happen repeatedly
- ❑ You can't identify patterns or triggers
- ❑ You feel stuck in unhealthy dynamics
- ❑ Communication consistently breaks down
- ❑ Trust has been severely damaged
- ❑ You're dealing with infidelity or betrayal
- ❑ Mental health issues are present
- ❑ Substance abuse is involved
- ❑ You're considering ending the relationship
- ❑ You want to strengthen the relationship

Types of support to consider:

- Individual therapy (for your own healing and growth)
- Couples therapy (for relationship dynamics)
- Coaching (for skill-building and accountability)
- Support groups (for shared experience)
- Medical support (for mental health medication if needed)

Next steps:

- ❑ Schedule session with coach (Dante: 832-800-0417)
- ❑ Find a therapist (see Resource 1.3)
- ❑ Research support groups
- ❑ Talk to doctor about mental health
- ❑ Create ongoing support plan



PART 7: EMERGENCY CONTACTS

Crisis Hotlines

IMMEDIATE CRISIS:

National Suicide Prevention Lifeline

Phone: **988**

Available: 24/7

For: Suicidal thoughts, emotional crisis

Crisis Text Line

Text: **HOME to 741741**

Available: 24/7

For: Any crisis, text-based support

National Domestic Violence Hotline

Phone: **1-800-799-7233**

Text: **START to 88788**

Available: 24/7

For: Domestic violence, abuse, safety planning

SAMHSA National Helpline

Phone: **1-800-662-4357**

Available: 24/7

For: Substance abuse, mental health referrals

RAINN Sexual Assault Hotline

Phone: **1-800-656-4673**

Available: 24/7

For: Sexual assault support

Veterans Crisis Line

Phone: **988, then press 1**

Text: **838255**

Available: 24/7

For: Veterans in crisis



The Trevor Project (LGBTQ+ Youth)

Phone: **1-866-488-7386**

Text: **START to 678678**

Available: 24/7

For: LGBTQ+ youth in crisis

Local Resources

HOUSTON-AREA CRISIS RESOURCES:

Houston Police Department (Non-Emergency)

Phone: 713-884-3131

Harris Center for Mental Health

Crisis Line: 713-970-7000

Available: 24/7

The Women's Home

Domestic Violence Shelter: 713-528-2121

Houston Area Women's Center

Hotline: 713-528-2121

Crisis Intervention of Houston

Hotline: 832-416-1177

Memorial Hermann Behavioral Health Crisis Line

Phone: 713-338-4357

Your Personal Support Network

FILL THIS OUT NOW (before you need it):

Support Person #1:

Name: _____

Phone: _____

Email: _____

Best time to call: _____

Why they're safe: _____



Support Person #2:

Name: _____
Phone: _____
Email: _____
Best time to call: _____
Why they're safe: _____

Support Person #3:

Name: _____
Phone: _____
Email: _____
Best time to call: _____
Why they're safe: _____

Your Coach:

Dante Yigael, HVL Connect
Phone: 832-800-0417
Email: dante@hvlccc.com

Your Therapist (if applicable):

Name: _____
Phone: _____
Emergency line: _____

Your Doctor:

Name: _____
Phone: _____
After-hours: _____

Trusted Family Member:

Name: _____
Phone: _____

Safe Place to Go:

Location: _____
Address: _____
Contact: _____



Emergency Contact Card

CUT THIS OUT AND KEEP IN YOUR WALLET:

EMERGENCY CONTACTS

Crisis Line: 988

Crisis Text: HOME to 741741

Domestic Violence: 1-800-799-7233

Support Person 1: _____

Phone: _____

Support Person 2: _____

Phone: _____

Coach: Dante Yigael

Phone: 832-800-0417

Therapist: _____

Phone: _____

Safe Place: _____

Address: _____



FINAL REMINDERS

You Will Get Through This

RIGHT NOW, YOU MIGHT FEEL:

- Overwhelmed
- Hopeless
- Scared
- Alone
- Confused
- Heartbroken
- Angry
- Numb

ALL OF THESE ARE NORMAL IN CRISIS.

BUT REMEMBER:

- This feeling is temporary
- You have survived hard things before
- You don't have to have all the answers right now
- Support is available
- You are stronger than you think
- One moment at a time is enough
- It's okay to not be okay right now
- You will get through this

What to Do Right Now

IF YOU'RE IN CRISIS RIGHT NOW:

1. **Assess safety** (are you safe?)
2. **Ground yourself** (use 5-4-3-2-1 or box breathing)
3. **Create calm space** (quiet, comfortable, safe)
4. **Call support person** (don't be alone)
5. **Use this toolkit** (work through it step by step)
6. **Don't make big decisions** (wait 24-72 hours)
7. **Take care of basic needs** (eat, drink, rest)
8. **Be compassionate with yourself** (this is hard)

YOU'VE GOT THIS. ONE MOMENT AT A TIME.



When to Return to This Toolkit

USE THIS TOOLKIT WHENEVER:

- You're in relationship crisis
- You're emotionally overwhelmed
- You're considering drastic decisions
- You need immediate grounding
- You don't know what to do next
- You need crisis support structure

SHARE THIS TOOLKIT WITH:

- Your partner (if safe and appropriate)
- Your support people
- Your therapist or coach
- Anyone who might need it

Next Steps After Crisis

ONCE YOU'RE THROUGH THE IMMEDIATE CRISIS:

- Schedule session with coach or therapist
- Complete Resource 1.2: Self-Care for Relationship Stress
- Review Resource 1.3: Professional Support Resources
- Create ongoing support plan
- Address underlying issues
- Work on relationship skills
- Prioritize self-care
- Stay connected to support

REMEMBER:

Getting through the crisis is the first step. Healing and growth come next. You don't have to do it alone.



ABOUT HVL CONNECT

Dante Yigael, Certified Life & Relationship Coach

Specializations:

- Dating Coaching
- Couples Coaching
- Intimacy Coaching
- Relationship Crisis Support

Approach:

- Evidence-based (Gottman Method, EFT, Attachment Theory)
- Holistic (integrating all aspects of well-being)
- Culturally sensitive