

Emergency Plan

When an urge appears, reduce decision fatigue

In the moment of a strong urge, your brain becomes exhausted and scattered. Making a deliberate decision in that instant is nearly impossible. This Emergency Plan is designed to reduce "decision fatigue" — instead of thinking about what to do, all you have to do is execute steps you have previously predefined.

- 1 Print this plan:** Place it somewhere you see daily (your wallet, bedside, or phone lock screen).
- 2 Read the four steps:** Review them regularly before you need them, so they become an automatic response.
- 3 When the urge comes:** Don't think or analyze — immediately start executing the steps with confidence.
- 4 Add your personal touch:** Write down trusted contact names and your reasons in the spaces provided.

Recommendations for the printed version:

- Use a pen (not a pencil) so you don't erase and change your mind in a challenging moment.
- Keep two copies: one at home in plain sight, and one with you always in your bag.
- Review this plan weekly to ensure it is up to date, and update your information as needed.
- Don't write long justifications — only write down clear, actionable steps.

When you feel a strong urge, do not analyze or hesitate. Execute these steps immediately:

1 Leave the triggering environment immediately

Changing location breaks the automatic loop of thoughts. If you are in a closed room, step out immediately. If you are alone, move to a public space or an environment where others are present.

My Personal Field — Safe or alternative places I will head to immediately:

2 Take a short walk (5 - 10 minutes)

Gentle physical movement helps calm an excited nervous system. It supports the flow of oxygen and blood to the prefrontal cortex in the brain, restoring mindful decision-making.

My Personal Field — My preferred short walking route or light exercise in my area:

Continue executing the remaining steps to disrupt the impulse and protect your daily recovery path:

3 Contact a trusted person

Do not face the urge alone. You do not need to give a long explanation or a complicated justification — a simple message like: "I need your support to get through this moment" is enough.

My Personal Field — Names of 3 supportive contacts and their quick contact numbers:

4 Review your recovery reasons

Mindfully read your list of reasons for change (on the next page). Remind yourself of the true motivations that made you start this journey and the profound peace of mind you gain.

My Personal Field — A powerful recovery phrase that speaks to me and I will repeat now:

My Recovery Reasons List

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This list is your anchor: Write down these reasons honestly and deeply when you feel clear-minded and strong. Read and contemplate them when you face challenging times.

First Reason

Second Reason

Third Reason

Fourth Reason

Fifth Reason



Practical Tip: Avoid abstract or general reasons. Write down real details that directly relate to your life (names of loved ones, real experiences you went through, feelings of peace you wish to restore).

[illegible]

If you observe and notice **3 warning signs or more** during a single day — do not wait for the urge to grow stronger. **Execute your Emergency Plan immediately** and take time to rest and restore your inner balance.

**"Recovery is not about never falling... but about how quickly
you return."**

This plan, which you have created with your own conscious awareness,
is simply a tool to organize your thoughts.

Remember that the true source of strength and ability to transform lies
inside you.

**Do not demand absolute perfection from yourself — focus your efforts
on consistency and showing up.**

Access more self-empowerment and recovery tools:
tamkinly.com/recovery

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Return to who you already are