

MY PERSONAL CRISIS WORKBOOK

A faith-based guide for when everything feels out of order.

"The LORD is close to the brokenhearted and saves those who are crushed in spirit." — Psalm 34:18

This workbook belongs to:

A NOTE BEFORE YOU BEGIN:

This workbook is not therapy. It is not a substitute for professional help or emergency services. It is a companion — something to hold when you need to put your thoughts somewhere safe, find truth when the lies are loudest, and remember that you are not walking this road alone.

If you are in immediate danger, stop and call **988** or **911** right now. Come back to this workbook when you are safe.

Take it one page at a time. There is no rush. God is not in a hurry with you.

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NOW?

Honest self-assessment — before God, without judgment

You cannot find your way out of a place you won't admit you're in. This first section is about honesty — with yourself and with God. There are no wrong answers here.

"Search me, God, and know my heart; test me and know my anxious thoughts." — Psalm 139:23

Rate how you are feeling RIGHT NOW (circle a number):

Hopeful ↔ Hopeless	1 2 3 4 5 6 7 8 9 10
Safe ↔ Unsafe	1 2 3 4 5 6 7 8 9 10
Connected ↔ Completely alone	1 2 3 4 5 6 7 8 9 10
Able to cope ↔ Overwhelmed	1 2 3 4 5 6 7 8 9 10
Spiritually grounded ↔ Spiritually empty	1 2 3 4 5 6 7 8 9 10

In my own words, what is happening right now?

What triggered this moment — what happened or what did I feel?

What is the loudest thought in my head right now?

What am I most afraid of?

SAFETY CHECK: Am I having thoughts of ending my life or harming myself?

If YES — please stop and call **988** (Suicide & Crisis Lifeline) or text HOME to **741741** right now. You can come back to this page. Your life comes first.

In crisis, our minds tell us things that feel absolutely true but are absolutely false. This section helps you identify those lies and replace them with Scripture.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." — Romans 12:2

What lies is my mind telling me right now?

Lie #1:

Lie #2:

Lie #3:

Lie #4:

Now — what does God's Word say in response?

Lie: *"I am worthless."*

Truth: *"For we are God's handiwork, created in Christ Jesus to do good works." — Ephesians 2:10*

Lie: *"Nobody loves me."*

Truth: *"I have loved you with an everlasting love." — Jeremiah 31:3*

Lie: *"There is no hope."*

Truth: *"For I know the plans I have for you... plans to give you hope and a future." — Jeremiah 29:11*

Lie: *"God has abandoned me."*

Truth: *"Never will I leave you; never will I forsake you." — Hebrews 13:5*

Write your own lie and find a Scripture to fight it:

My Scripture response:

My three anchor Scriptures — verses I will memorize and hold onto:

Scripture 1:

Scripture 2:

Scripture 3:

Building your circle — you were not made to walk alone

One of the most dangerous things about crisis is isolation. This section helps you identify the people God has placed in your life and gives you a plan to reach them before you need them.

"Two are better than one... If either of them falls down, one can help the other up." — Ecclesiastes 4:9-10

My Emergency Contact List — Fill this out NOW, before a crisis hits:

Name	Relationship	Phone Number
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

My pastor or spiritual leader I can contact:

My Crushed 2 Christ contact: John & Christina Bernard — 470-739-0101

My Professional Support:

Counselor / Therapist name and number:

Doctor / Psychiatrist name and number:

988 — Suicide & Crisis Lifeline (call or text) — Free, 24/7

741741 — Crisis Text Line (text HOME) — Free, 24/7

911 — Emergency services — When in immediate danger

What makes it hard for me to reach out to others?

What would I say if I called someone right now?

SAFETY PLAN

A written plan prepared before the next hard moment

A safety plan is one of the most evidence-based tools for getting through crisis. It is most powerful when written in a calm moment and followed in a hard one. Complete this section honestly and keep it somewhere you can find it.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." — 2 Timothy 1:7

Warning signs that I am heading into crisis (thoughts, feelings, behaviors):

Things I can do on my own to calm myself (prayer, breathing, walking, music):

Things in my environment I need to remove or secure when I am struggling:

The first person I will call when I feel crisis coming:

A safe place I can go when I need to be around people:

My reasons for staying. Things that matter to me. People I love:

"I can do all this through him who gives me strength." — Philippians 4:13

ROUTINE

Small faithfulness, every day — this is how you rebuild

Recovery and healing are built one day at a time. A daily anchor routine gives your mind and spirit something to hold onto when everything else feels uncertain. Design yours here.

"His mercies are new every morning. Great is your faithfulness." — Lamentations 3:23

My Morning Anchor (first 10 minutes of the day):

- Read one Scripture (my anchor verse for today): _____
- Pray — even one sentence is enough
- Write one thing I am grateful for today: _____
- Drink a glass of water. Take my medication if prescribed.
- One small achievable goal for today: _____

My Evening Anchor (last 10 minutes of the day):

- Name one moment today where God was present, even quietly.
- Write one thing that was hard today — and release it to God in prayer.
- Check in with one person from my support circle.
- Read Psalm 23 or Psalm 91 before sleep.

My personal daily Scripture for this season:

Weekly check-in — how am I doing this week?

Overall hope level this week	1 2 3 4 5 6 7 8 9 10
Connection with God this week	1 2 3 4 5 6 7 8 9 10
Connection with people this week	1 2 3 4 5 6 7 8 9 10

What is one step forward I took this week, no matter how small?

SEARCH

A grounding activity — focus your mind on the Word

Sometimes we need to quiet the noise and focus on something concrete. This word search contains words of HOPE drawn from Scripture. As you find each word, say it aloud and let it settle in your spirit.

"Your word is a lamp for my feet, a light on my path." — Psalm 119:105

Find these words of HOPE and TRUTH hidden in the grid below:

■ HOPE	■ PEACE	■ FAITH	■ GRACE
■ LOVE	■ STRENGTH	■ HEALED	■ RESTORE
■ PRAYER	■ TRUTH	■ LIGHT	■ JOY

H	O	P	E	S	T	R	E	N	G	T	H	F	A	I	Q
E	J	O	Y	A	E	C	A	E	P	B	C	U	R	L	V
A	P	R	A	Y	E	R	U	T	H	G	I	L	T	F	E
L	G	R	A	C	E	F	A	I	T	H	S	H	O	E	M
E	S	T	O	R	E	H	E	A	L	E	D	L	O	R	P
D	L	O	V	E	Q	U	I	E	T	T	R	U	T	H	W
R	P	E	A	C	E	M	I	N	D	F	U	L	N	S	E
R	E	S	T	O	R	E	B	L	I	G	H	T	J	O	A
H	O	P	E	F	A	I	T	H	G	R	A	C	E	C	K
S	T	R	E	N	G	T	H	P	R	A	Y	E	R	B	E
J	O	Y	L	O	V	E	Q	U	I	E	T	R	U	P	R
T	R	U	T	H	L	I	G	H	T	H	E	A	L	S	E
G	R	A	C	E	R	E	S	T	O	R	E	P	E	D	T
F	A	I	T	H	H	O	P	E	J	O	Y	L	O	V	S
P	E	A	C	E	L	I	G	H	T	T	R	U	T	H	Q
S	T	R	E	N	G	T	H	G	R	A	C	E	A	B	D

Words run across, down, and diagonally. Take your time. There is no rush.

Prayer does not have to be polished. The Psalms are full of raw, unfiltered cries to God — anger, grief, confusion, desperation. He welcomed every one of them. Use these pages to say what you actually feel.

"Cast all your anxiety on him because he cares for you." — 1 Peter 5:7

A PRAYER OF LAMENT — Write your honest cry to God:

Lord, I am going to be honest with you right now. I don't understand why...

A PRAYER OF TRUST — Even when I don't feel it, I choose to believe:

God, I don't understand this. But I choose to trust that you are still good because...

A PRAYER OF GRATITUDE — Even in this, I can find:

Free Journal Pages — Write whatever is on your heart:

LOOKING FORWARD

Reflection on the journey — how far you have come

Healing is not linear. There will be hard days and better days. This section is for reflecting on your journey — what God has done, what you have learned, and where you are going.

"I will repay you for the years the locusts have eaten." — Joel 2:25

Looking back: Where was I when I started this workbook?

What is one thing God has shown me through this season?

What is one way I have grown — even if it doesn't feel like much?

Who has God put in my life to help me through this?

Looking forward: What does restoration look like for me?

One thing I want to say to someone who is exactly where I was:

"And we know that in all things God works for the good of those who love him." — Romans 8:28

You made it through this workbook. That matters.

Your story is not over. The best chapters may still be ahead.

If this workbook helped you, please pass it to someone who needs it. It is completely free. You can download more copies at crushed2christ.com.

If you would like someone to walk with you personally, reach out to us.

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