

## Crisis Survival Strategies

Name: \_\_\_\_\_

Week started: \_\_\_\_\_

For each survival skill, check whether you used it during the week.

SKILLS	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>Distracting "ACCEPTS"</b>							
<b>Activities</b>							
<b>Contributions</b>							
<b>Comparisons</b>							
<b>Emotions</b>							
<b>Pushing Away</b>							
<b>Thoughts</b>							
<b>Sensations</b>							
<b>Self-soothing: FIVE SENSES</b>							
<b>Vision</b>							
<b>Hearing</b>							
<b>Smell</b>							
<b>Taste</b>							
<b>Touch</b>							
<b>"IMPROVE" ing the Moment</b>							
<b>Imagery</b>							
<b>Meaning</b>							
<b>Prayer</b>							
<b>Relaxation</b>							
<b>One thing in the moment</b>							
<b>Vacation</b>							
<b>Encouragement</b>							
<b>Thinking PROS &amp; CONS</b>							

### PROS and CONS

Select one crisis where you found it REALLY hard to tolerate distress, avoid destructive behavior, and not act impulsively

DESTRUCTIVE BEHAVIOR I WANTED TO DO: \_\_\_\_\_

#### Not Tolerating the Distress: Giving In to Destructive Behavior

PROS (positives)

CONS (negatives)

Short term: \_\_\_\_\_

Short term: \_\_\_\_\_

Long term: \_\_\_\_\_

Long term: \_\_\_\_\_

#### Tolerating the Distress: Stopping the Destructive Behavior

PROS (positives)

CONS (negatives)

Short term: \_\_\_\_\_

Short term: \_\_\_\_\_

Long term: \_\_\_\_\_

Long term: \_\_\_\_\_

Are the short-term benefits of the destructive behavior worth the long-term negative consequences of the behavior?

What skills do you need to tolerate the short-term negatives of stopping the destructive behavior in order to get the long-term positives of stopping the behavior?

# Doityourself Crisis Survival

**F Rizvi**



## **Doityourself Crisis Survival:**

**Do-it-Yourself Crisis Survival** Tenaj DaCosta Bays, George Wiseman, 1999      **The Journal of Popular Culture** Gary (ed.) Hoppenstand,      **Do-It-Yourself Democracy** Caroline W. Lee, 2014-11-28 Citizen participation has undergone a radical shift since anxieties about bowling alone seized the nation in the 1990s Many pundits and observers have cheered America s twenty first century civic renaissance an explosion of participatory innovations in public life Invitations to have your say and join the discussion have proliferated But has the widespread enthusiasm for maximizing citizen democracy led to real change In Do It Yourself Democracy sociologist Caroline W Lee examines how participatory innovations have reshaped American civic life over the past two decades Lee looks at the public engagement industry that emerged to serve government corporate and nonprofit clients seeking to gain a handle on the increasingly noisy demands of their constituents and stakeholders The beneficiaries of new forms of democratic empowerment are not only humble citizens but also the engagement experts who host the forums Does it matter if the folks deepening democracy are making money at it How do they make sense of the contradictions inherent in their roles In investigating public engagement practitioners everyday anxieties and larger worldviews we see reflected the strange meaning of power in contemporary institutions New technologies and deliberative practices have democratized the ways in which organizations operate but Lee argues that they have also been marketed and sold as tools to facilitate cost cutting profitability and other management goals and that public deliberation has burdened everyday people with new responsibilities without delivering on its promises of empowerment

**Do It Yourself** Trapeze, The Trapeze Collective, 2007-05-20 Do you really want to change the world If the answer is YES then this book shows you how Ethical consumerism is now big business But leading a sustainable and truly radical life encompasses a whole variety of things that challenge the mainstream This book shows how we can make real changes to the way we live In simple steps it describes how you can create sustainable and equitable ways of living that can help transform not just your own life but the culture around you The book weaves together analysis stories and experiences It combines in depth analytical chapters followed by easy to follow How to Guides with practical ideas for change Taken together these small steps can move us towards taking back control of our lives from governments and corporations      Hearings, Reports and Prints of the House Committee on Appropriations United States. Congress. House. Committee on Appropriations, 1973

Making Open Development Inclusive Matthew L. Smith, Ruhiya Kristine Seward, 2020-08-25 Drawing on ten years of empirical work and research analyses of how open development has played out in practice A decade ago a significant trend toward openness emerged in international development Open development can describe initiatives as disparate as open government open health data open science open education and open innovation The theory was that open systems related to data science and innovation would enable more inclusive processes of human development This volume drawing on ten years of empirical work and research analyzes how open development has played out in practice Focusing on development

practices in the Global South the contributors explore the crucial questions of who is allowed to participate when an initiative is open and who benefits or not from them finding that processes characterized as open can sometimes be exclusionary in their implementation Examining a wide range of cases they consider the governance of open development ecosystems and the implementation of a variety of applications including open educational resources collaborative science and the uses of crowdsourcing Contributors Denisse Albornoz Chris Armstrong Savita Bailur Roxana Barrantes Carla Bonina Michael Ca ares Leslie Chan Laura Czerniewicz Jeremy de Beer Stefano De Sabbata Shirin Elahi Alison Gillwald Mark Graham Rebecca Hillyer Cheryl Hodgkinson Williams Dick Kawooya Erika Kramer Mbula Paulo Matos Caroline Ncube Chidi Oguamanam Angela Okune Alejandro Posada Nagla Rizk Isaac Rutenberg Tobias Schonwetter Fabrizio Scrollini Ruhiya Kristine Seward Raed Sharif Matthew Smith William Randall Spence Henry Trotter Fran ois van Schalkwyk Sonal Zavaeri Canadian Books in Print ,2003 **Treasury, Postal Service, and General Government Appropriations for Fiscal Year 1973, Hearings ... 92d Congress, 2d Session** United States. Congress. House Appropriations,1972 *Treasury, Postal Service, and General Government Appropriations for Fiscal Year 1973: Independent agencies* United States. Congress. House. Committee on Appropriations. Subcommittee on the Treasury, Postal Service, and General Government Appropriations,1972 **The New Leader** ,1961 Do-it-yourself Retailing ,1989 **The Learning Connection** ,1982 *The Cumulative Book Index* ,1998 A world list of books in the English language **Our Environment** ,1974 **On Cassette** ,1991 **Canadian Books in Print 2002** Marian Butler,2002-02 Presbyterian Survey ,1978 Human Needs Katrin Lederer,Johan Galtung,David Antal,1980 *The Practice of Operational Research* George Mitchell,1993-10-05 Explains the methodology of accomplishing operational research OR efficiently Defines the problems of OR data handling modeling and choice Looks at the process of managing OR and the merits of internal consultancy Richly illustrated with case based and other exercises **Marketing Information** Hiram C. Barksdale,Jac L. Goldstucker,1995

## **Doityourself Crisis Survival Book Review: Unveiling the Magic of Language**

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Doityourself Crisis Survival**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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