



FREE ONE-PAGE TOOL 20 | DECISION SUPPORT

## Choose Your Next Step

*You do not need to choose your whole future. You can choose the next useful step.*

### 1 Name the choice

Write the decision in one sentence.

### 2 Look for what matters

Ask what safety, support, time, and energy this option requires.

### 3 Try a reversible step

If possible, test a small step before a larger commitment.

## A phrase you can borrow

"I need time to think. My next step is [small action], not a final answer."

## Make it yours

One small step that keeps my choices open:

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This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

Learn more: [samhsa.gov/mental-health/trauma-violence/trauma-informed-approaches-programs](https://samhsa.gov/mental-health/trauma-violence/trauma-informed-approaches-programs)