

When Things Are Breaking Down

Part 1 - Signs that Things are Breaking Down

Make a list of symptoms that indicate things are breaking down or getting much worse.

Here are some others have listed (Circle those that are your symptoms):

Feeling very oversensitive and fragile
Responding irrationally to events and the actions of others
Feeling very needy
Being unable to sleep
Sleeping all the time

Avoiding eating
Wanting to be totally alone
Substance abusing
Taking out anger on others
Chain smoking
Eating too much

Make a list of your symptoms that indicate things are breaking down or getting much worse:

GOD JUDGING THE EARTH AND
EVIL STOPS WORKING.

BE CONFIDENT IN WHAT GOD
CURRENTLY HAS

GROUP REALITY BASED ON
EVIL STOPS WORKING

TRUST IN GOD FOR YOUR
NEEDS FOR HE CREATED

REJOICING IN EVIL, PUNISHING

THE WORLD WHEN IT WAS
ADAM.

CALL ON GOD TO FIGHT
THE BATTLE FOR MY SALVATION

VAST EVIL GOING ON UPON
THE EARTH

EVERYONE SEEKING THEIR NEEDS
FOR MORE LIFE, BUT TRYING
TO OBTAIN THEM BY EVIL PLANS

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Part 2 - Action Plan

Some ideas for an action plan are (Circle the ones you want to use):

- Call my doctor or other health care professional, ask for advice and follow their instructions
- Call and talk to one of my supporters for as long as it takes to feel better
- Arrange for someone to stay with me around the clock until my symptoms subside
- Make arrangements to get help right way if my symptoms worsen
- Have at least two peer counseling sessions

- Make sure I am doing everything on my daily check list
- Arrange and take at least three days off from all my responsibilities
- Do three deep-breathing relaxation exercises
- Write in my journal for at least half an hour
- Schedule a physical examination or doctor's appointment
- Ask to have my medications checked

What do you think will help to reduce your symptoms when they have progressed to this point? Be very direct, with fewer choices than earlier plans and very clear instructions:

ATTEND CHURCH SERVICE
GIVE AWAY UNNECESSARY ITEMS
TO THOSE WHO ASK FOR
THEM

GOD IS THE GREAT
HEALER!

YOU CAN NOT TRUST IN
WHAT YOU MEAN OR SEE OR
FEEL OR EXPERIENCE.

DO NOT CARE A BOUT BEING
HARMED BY OTHERS, BECAUSE
GOD IS ABLE TO HELP ME
RECOVER FROM LOSSES

TRUST ONLY IN GOD, BECAUSE
TRUSTING IN A PERSON LEYS
THAN GOD, RESULTS IN
DEPRESSION