



EMERGENCY SELF- CONTROL SCRIPTS

WHAT TO SAY WHEN YOU'RE ABOUT TO
SPIRAL

*With
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BONUS III:

Emergency Self-Control Scripts

What to Say When You're About to Spiral

You don't lose the battle in theory.

You lose it in ten-second moments when your brain goes blank, your willpower folds, and the lie hits:

"Just this once."

"It doesn't matter."

"I don't care right now."

In that moment, your mind needs something to grab onto.

Not a lecture. Not a pep talk.

Just one clear thought to cut through the fog.

That's what these scripts are.

They're not cute.

They're not motivational quotes.

They're raw, short, and real.

Like grabbing the wheel when you're about to crash.

Let's build yours.

Section 1: The “If/Then” Response Scripts

You’re going to write 3 to 5 custom scripts for your biggest fracture points.

Here’s the format:

If I feel _____, and I want to _____, then I will _____.

Examples:

“If I feel tired and want to scroll, then I will walk to the kitchen and drink water first.”

“If I feel anxious and want to eat something mindless, then I will write down what I’m avoiding instead.”

“If I want to open YouTube at night, then I will put my phone in the other room and go brush my teeth.”

Write yours:

1. If I feel _____ and want to _____, then I’ll _____.
2. If I feel _____ and want to _____, then I’ll _____.
3. If I feel _____ and want to _____, then I’ll _____.
4. If I feel _____ and want to _____, then I’ll _____.
5. If I feel _____ and want to _____, then I’ll _____.

Keep these where you can see them — your wall, your lock screen, your wallet.

They only work if they’re there when you need them.

Section 2: “What’s Actually True?” Grounding Script

Right before you spiral, your brain lies. Every time. So write a truth that cuts through it.

Example:

*“What I want right now isn’t actually what I want.
I want peace, not escape.
I want to respect myself tomorrow, not feel good for 30 seconds.
I don’t have to obey this urge. I can feel it without feeding it.”*

Write your version below:

*“Right now, I think I want _____.
But what I really want is _____.
And I can choose it – even if it’s hard for the next few minutes.”*

Keep it short. Honest. Speak it out loud when you need to.

Section 3: The “Walk Me Off the Ledge” Prayer

You don’t need perfect words.

You just need to reach out when you’re seconds from doing something you’ll regret.

Use this:

*“God, interrupt this.
I don’t want to obey this craving. I want to walk in the strength You gave me.
Help me feel the urge without folding.
Give me five more minutes of clarity. Then five more.
Remind me that I’m not alone – and that this isn’t who I am.”*

Keep that saved.

Or write your own if you need something more personal.

Section 5: The 3-Minute Delay Protocol

This one's mechanical, not emotional. When you feel the urge:

1. Set a timer for 3 minutes.
2. Do nothing — just sit with it.
3. When it ends, ask:
 - Do I still want this?
 - Will I regret this?
 - What's a better choice, even if it's 10% better?

You'll be shocked how often the storm passes if you let it.

Optional: write this on a sticky note or card:

“Feel it. Don't feed it. Wait 3 minutes. Re-decide.”

Final Reminder:

You don't win the war by being strong all the time.

You win by learning how to pause. To breathe. To decide — instead of drift.

These scripts are your safety net.

When you fall, they catch you.

When your brain screams lies, they whisper the truth back.

Keep them visible. Use them often. Update them as you grow.