



Chapter 12: Bonus Tools – Rapid Support & Visual Tracking

Why Bonus Tools Matter

These are your emergency and visual reinforcement tools. They provide support in moments of high risk and help solidify identity changes as you progress.

Bonus Tool 1: Midnight Emergency Card

Purpose: Rapid-response guide for the exact moment the urge strikes—especially 2am, alone, phone in hand.

Step-by-Step Use

1. **Pause** – Recognize the urge without judgment.
2. **Label** – Identify the trigger: loneliness, stress, boredom.
3. **Intervene** – Follow the 7-step action sequence:
 - Stand up and stretch
 - Take three deep breaths

- **Recite a scripture or positive affirmation**
 - **Journal one thought for 2 minutes**
 - **Drink water**
 - **Move to another room**
 - **Engage a productive task (call a brother, fold clothes, read)**
- 4. Reflect – Record the event in your journal for insight.**

Quick Tip: Print or laminate this card and keep it visible where urges are likely.