

Evidence Ledger Quick Card

Standing on the Ledge Quick Card | v1.0 | March 17, 2026

A fast reset when shame, panic, or self-blame starts rewriting the story.

Important disclaimer

For educational, reflective, and self-guided use only. Not a substitute for medical care, mental health treatment, legal advice, crisis intervention, or financial advice. Stop if distress increases. If you are in immediate danger or may harm yourself or someone else, contact local emergency services or a crisis line right away.

Use this card when your mind starts moving faster than the facts. The goal is not to win an argument with yourself. The goal is to get back on solid ground.

When to use it

- After a conflict, rejection, mistake, or hard conversation.
- When your mind jumps straight to “I ruined everything.”
- When you need facts before making a decision.

Five-minute reset

1. Name the event in one sentence.
2. List only what you know for sure.
3. Separate facts from assumptions.
4. Write one piece of evidence that challenges the worst story.
5. Choose one grounded next step.

Fast prompts

What happened?

What do I know for sure?

What am I assuming?

What evidence supports a less catastrophic reading?

What is the next honest move?

Do not do this while flooded

- Do not send the big text or email.
- Do not decide your worth from one moment.
- Do not confuse fear with fact.

Use what helps. Leave what does not. These materials are meant to support reflection and action, not to replace qualified professional care.