A COMPANION TO YOU ARE THE RESCUE

The First Move

Taking responsibility for what happens next



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What happens next?

I wrote *You Are the Rescue* when I realized how used I had become to carrying on through years of poor sleep and ill health. Asking for help was part of taking responsibility for what happened next. Someone else could guide me. I still had to make the call and follow through.

We do not always choose our suffering, but once we know there is a way out, staying inside it becomes our own responsibility. Bring one situation to these pages. Start with the part you have the power to change, even if that part is small.

What do I want to change in my life?

What is outside my control?

What part of the change is mine to begin?

What am I leaving for later?

Think of the last moment you could have acted. Maybe you closed an email, let a deadline pass, or changed the subject. Give yourself enough honesty to name what you did and enough compassion to understand why.

What did I have a chance to do? What did I do instead?

What discomfort did putting it off spare me in that moment?

What am I waiting for someone else to do before I act?

What is waiting costing me?

Look at your actual week. Count the hours spent rehearsing a conversation, the plans left open, or the commitments you had to rearrange. Then look at what you can influence from here.

Where did the delay show up this week? What did it cost?

If I leave this alone for another month, what will likely stay the same?

Which part of that cost can I reduce, and whose help could I ask for?

What is mine to decide?

You can ask for advice, gather facts, and give yourself time. Decide what information you genuinely need and when you will get it. Then name the choice that belongs to you.

What decision have I been leaving open?

What would actually change my mind? When will I find out?

What can I choose today, even if other people make different choices?

Put your choice into words.

Write it as you would say it to someone you trust. You might say, “I’ve decided to ask for an appointment,” or “I’ll ask for the information by Friday and make my decision on Monday.” Give your choice a clear next move.

I’ve decided to…

If someone disagrees or nothing around me changes, what remains in my hands?

Who could support me, and what will I ask them for?

Make the first move.

Choose one thing you can do within 48 hours. Send the message. Set the appointment. Ask someone to come with you. Make it specific enough that you can tell when you've done it.

Within 48 hours, I will…

When and where will I do it? What will show that I followed through?

If my plan is interrupted, what smaller step will I take, and when?

Come back in seven days.

Write down what you did and what happened next. Some results depend on other people. Use this check-in to see what you can follow through on again, what needs adjusting, and where you need more support.

What did I actually do? What happened next?

Where did I follow through? Where did I leave the next step open?

What will I do, adjust, or ask for in the coming week?

The next move is still mine.

Write yourself a note for the day you catch yourself waiting again. Give yourself something specific to do. You can start with one call, one sentence, or one request for help.

Dear me, when you notice yourself waiting for…

Remember that you can choose to…

The smallest thing you can do today is…

Take the next step.

Thank you for trusting yourself enough to write honestly on these pages. You've named what you've been avoiding, looked at what waiting is costing you, and chosen something you can do about it.

Before you close this workbook, put the time for your first move in your calendar. Come back in seven days and read what you wrote. If the step was too big, make it smaller. If you need someone beside you, ask them. Taking responsibility includes knowing when to reach for help.

I hope you come back to these pages whenever you need to remember how much can begin with one choice you make for yourself.

With warmth,

Dr. Masha

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