PRESSURE / CAPACITY 01

Check the yes.



You agreed before checking your week. Now you are trying to make room that does not exist.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PRESSURE / CAPACITY 02

Name the real load.



Someone says, "It is only one more thing." Your day was already full.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PRESSURE / CAPACITY 03

Shrink the doorway.



You keep thinking about the assignment. Starting still feels like the whole assignment.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PRESSURE / CAPACITY 04

Ask for the setup.



You lose the instructions while trying to remember them. Trying harder has not fixed the setup.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 02

Name the real load.

1. List three things the request would compete with.
2. Pick one demand that needs sharing, moving, or reducing.
3. Ask: "Which task should change if this gets added?"

CHECK IT

What is missing from their picture?

YOUR NEXT MOVE 01

Check the yes.

1. Name what is already committed. Include travel, food, and rest.
2. Choose what you can actually offer, including nothing this time.
3. Rehearse: "I checked. I am not available for that."

CHECK IT

What needs checking before your next yes?

YOUR NEXT MOVE 04

Ask for the setup.

1. Describe the barrier without giving your whole history.
2. Ask for written steps, a quieter spot, or another useful adjustment.
3. Try: "Could I have ___ so I can ___?"

CHECK IT

What would make the task more accessible?

YOUR NEXT MOVE 03

Shrink the doorway.

1. Name the first visible action: open instructions, find materials, ask a question.
2. Try that action without promising to finish everything.
3. Notice what still blocks you. Ask for a practical adjustment.

CHECK IT

Was the first step actually small?

PRESSURE / CAPACITY 05

A grade is data.



One result becomes "I am stupid" before you even read the feedback.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PRESSURE / CAPACITY 06

Protect one block.



Your free afternoon disappears into everybody else's plans. You never actually chose them.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PRESSURE / CAPACITY 07

Make the ask real.



"I need help" is true. You want words that give someone a place to start.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PRESSURE / CAPACITY 08

Work meets school.



A shift request collides with school, transport, or something you already promised.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 06

Protect one block.

1. Pick one realistic block of time you want to protect.
2. Prepare a brief line: "I already have plans then."
3. If that limit is unsafe, seek support instead of confrontation.

CHECK IT

What would that time be for?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 05

A grade is data.

1. Separate the recorded result from the label you added.
2. Name one thing you do not understand about the task.
3. Ask for specific feedback or help with that part.

CHECK IT

What is the question behind the verdict?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 08

Work meets school.

1. Write the actual conflict before agreeing.
2. Name what you can offer, or that you are unavailable.
3. Ask a supportive adult for backup if you fear retaliation.

CHECK IT

What does the schedule actually allow?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 07

Make the ask real.

1. Choose one task or barrier, not your whole life.
2. Ask for a specific action at a specific time.
3. Try: "Can you sit with me while I start this?"

CHECK IT

What exactly could the person do?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PRESSURE / CAPACITY 09

Test one change.



You have collected plenty of advice. You want to know what works in your actual week.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PEOPLE / BOUNDARIES 10

Private means private.



"If you trusted me, you would give me your password." That is pressure, not proof.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PEOPLE / BOUNDARIES 11

Stop after the no.



Your answer was no. Three explanations later, it sounds like a maybe.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PEOPLE / BOUNDARIES 12

Agreement can change.



You agreed to something. Now you do not want to continue.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 10

Private means private.

1. Name what the message is asking you to give up.
2. If safe, rehearse: "I am keeping my passwords private."
3. If refusal could put you at risk, get private support.

CHECK IT

What makes this a pressure line?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 09

Test one change.

1. Choose one small adjustment and a moment to try it.
2. Notice what happens, including barriers outside your control.
3. Keep it, change it, or drop it. No self-grading.

CHECK IT

What made the experiment useful or unrealistic?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 12

Agreement can change.

1. Practice: "I changed my mind. I want to stop."
2. If someone changes their answer, stop and check in.
3. Pressure, fear, or silence is not freely chosen agreement.

CHECK IT

How would you respect a changed answer?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 11

Stop after the no.

1. Choose a short no that sounds like you.
2. Say it once in a low-stakes practice situation.
3. Pause. Notice the urge to add an opening.

CHECK IT

Which extra sentence can you leave out?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PEOPLE / BOUNDARIES 13

Reply on your time.



Someone treats a late reply like a betrayal. You were living the rest of your life.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PEOPLE / BOUNDARIES 14

Room for both people.



You keep the friendship comfortable by making your own preferences disappear.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PEOPLE / BOUNDARIES 15

Care has a limit.



A friend needs you constantly. You are becoming their only support.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PEOPLE / BOUNDARIES 16

An image is not owed.



Someone wants an intimate photo and says you should prove that you care.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 14

Room for both people.

1. Choose one low-stakes preference you usually hide.
2. Practice saying it without turning it into a joke.
3. Notice whether there is room for a different answer.

CHECK IT

Who leaves room for you to disagree?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 13

Reply on your time.

1. Choose a realistic expectation for replies.
2. If safe, say: "I am not always available immediately."
3. Notice whether they respect the limit or punish it.

CHECK IT

What response time can you actually offer?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 16

An image is not owed.

1. You do not owe an image, including after sending one before.
2. If safe, decline or stop replying. Seek supportive adult help.
3. Do not forward intimate images. Get help reporting threats safely.

CHECK IT

What is a safer way to reach support?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 15

Care has a limit.

1. Name what you can honestly offer.
2. Choose an adult or professional who can provide more support.
3. Do not promise secrecy about immediate danger. Get help.

CHECK IT

Who else needs to be in the picture?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PEOPLE / BOUNDARIES 17

Respect the ending.



A person ends contact. You want one more explanation, one more look, one more message.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PEOPLE / BOUNDARIES 18

When no feels unsafe.



You are worried about what someone might do if you refuse.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

ONLINE / IDENTITY 19

After the scroll.



You opened the feed for a break. You do not feel more rested.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

ONLINE / IDENTITY 20

The missing context.



Somebody else's highlight becomes evidence that your life is behind.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 18

When no feels unsafe.

1. Skip practicing a confrontation. Safety comes first.
2. Choose a supportive adult or relationship professional to contact privately.
3. Use a safer device if yours may be monitored.

CHECK IT

How could you reach someone more safely?

YOUR NEXT MOVE 17

Respect the ending.

1. Write the message privately without sending it.
2. Respect their request for space; stop monitoring their accounts.
3. Put the feeling somewhere supported: a conversation, art, or care.

CHECK IT

What can you feel without acting on?

YOUR NEXT MOVE 20

The missing context.

1. Name the comparison without putting the other person down.
2. List information you cannot know from that post.
3. Choose one action that meets your own actual need.

CHECK IT

What does the comparison leave out?

YOUR NEXT MOVE 19

After the scroll.

1. Use a recent memory; do not seek upsetting content.
2. Compare what you wanted with what you actually got.
3. Test one change: mute, fewer alerts, or direct connection.

CHECK IT

What does the feed leave behind?

ONLINE / IDENTITY 21

Leave the pile-on.



A group chat turns a classmate into the joke. The reactions keep coming.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

ONLINE / IDENTITY 22

Your body needs care.



Body talk around you turns food, rest, and comfort into things you have to earn.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

ONLINE / IDENTITY 23

Keep the good part.



A game gives you connection. It is also crowding out something you need.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

ONLINE / IDENTITY 24

Less performance.



You fit in by pretending not to care about a part of yourself.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 22

Your body needs care.

1. Name one need without rating your appearance.
2. Choose a practical response: food, rest, comfort, or access.
3. If body or eating worries take over, seek professional support.

CHECK IT

What need deserves attention today?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 21

Leave the pile-on.

1. Do not forward the content or add another reaction.
2. Choose an exit, a report, or adult support.
3. If safe, interrupt briefly. You do not owe an argument.

CHECK IT

Which move reduces harm rather than attention?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 24

Less performance.

1. Use fiction or keep the details private.
2. Name one interest, opinion, or need you want room for.
3. Choose a lower-pressure person, place, or private project.

CHECK IT

Where could one real part show up?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 23

Keep the good part.

1. Name what the activity gives you.
2. Name what needs more room alongside it.
3. Test a stopping point or schedule change that fits.

CHECK IT

What adjustment protects both needs?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

ONLINE / IDENTITY 25

No announcement.



You are figuring something out about yourself. Other people want a finished label.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

ONLINE / IDENTITY 26

Name the barrier.



The room, format, or pace is making a task harder. You keep blaming yourself.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

ONLINE / IDENTITY 27

You are not the debate.



Someone targets a part of who you are. You feel pushed to defend your worth.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

SUBSTANCES / CHOICES 28

What were you after?



When use happens, "just do not" leaves out the why. What was the person hoping would change?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 26

Name the barrier.

1. Describe what the setup makes difficult.
2. Choose an adjustment: captions, written steps, a break, or time.
3. Ask someone who can help arrange it.

CHECK IT

What can change about the setup?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 25

No announcement.

1. Write a question, symbol, or nothing at all.
2. Choose a private way to explore if you want.
3. Share only when it fits your comfort and safety.

CHECK IT

What would make exploration feel less pressured?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 28

What were you after?

1. Use a fictional situation, a past experience, or pass.
2. Name what the person hoped would feel different.
3. Identify a safer route to that need, with support.

CHECK IT

Relief, connection, escape, curiosity - what was the hope?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 27

You are not the debate.

1. You do not have to educate the person harming you.
2. Choose support, distance, or reporting based on safety.
3. Ask a safe adult to help with the next step.

CHECK IT

What support would be useful right now?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

SUBSTANCES / CHOICES 29

Before. During. After.



The moment felt different from what came later. Both parts matter.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

SUBSTANCES / CHOICES 30

Relief has a context.



You want to switch off. The thing underneath the urge is still there.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

SUBSTANCES / CHOICES 31

Belonging leaves choice.



"Do not make it weird. Just try it." You want connection without giving up your decision.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

SUBSTANCES / CHOICES 32

The next-day picture.



You remember the brief relief. You also remember what the next day cost.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 30

Relief has a context.

1. Name the situation you want distance from. Skip trauma details.
2. Pick immediate support: company, a quieter space, or practical help.
3. For recurring urges or distress, ask a healthcare professional for support.

CHECK IT

What needs help beyond this moment?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 29

Before. During. After.

1. Sketch three boxes: before, during, after.
2. Note hopes, brief effects, and later costs without substance details.
3. Choose one need that deserves a safer response.

CHECK IT

What shows up when you include the after?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 32

The next-day picture.

1. Use fiction or keep the example private.
2. List one short-term effect and one later consequence.
3. Choose a safer next step or a person to ask.

CHECK IT

What matters when both sides are visible?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 31

Belonging leaves choice.

1. Practice a short line: "I am good" or your version.
2. Choose a safe exit or someone you can contact.
3. If you used before, you still get to choose differently.

CHECK IT

What would make leaving more possible?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

SUBSTANCES / CHOICES 33

No big-enough test.



You are worried about use, but keep deciding it is not serious enough to mention.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

SUBSTANCES / CHOICES 34

Help a friend leave.



A friend asks for a way out of a situation involving substances.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

SUBSTANCES / CHOICES 35

A plan needs support.



You want to change a pattern. You are tired of treating it like a private willpower test.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

SUBSTANCES / CHOICES 36

Own one next move.



You regret something that happened around use. Shame keeps turning it into your whole identity.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 34

Help a friend leave.

1. Help connect them with a safe, sober adult for transport.
2. Do not make explaining everything a condition of getting help.
3. If someone cannot wake or breathe normally, call 911.

CHECK IT

Who could provide safe backup?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 33

No big-enough test.

1. Name the question you want answered, without judging yourself.
2. Choose a healthcare professional, counselor, or supportive adult.
3. Ask: "Can we talk honestly about use and support?"

CHECK IT

What would you ask if you did not minimize it?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 36

Own one next move.

1. Separate the specific action from a permanent label about yourself.
2. Name any repair or safety support needed.
3. Choose one next step with a supportive adult or professional.

CHECK IT

What can change without pretending nothing happened?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 35

A plan needs support.

1. Describe the pattern without names, amounts, or dates.
2. Choose professional support and one practical access step.
3. Ask about safety; do not make a detox plan from cards.

CHECK IT

What makes help easier to reach?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

HARD DAYS / RESETS 37

Catch the early cue.



You notice anger after you are already shouting or shutting down.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

HARD DAYS / RESETS 38

A thought is a claim.



"Nobody cares" arrives sounding like a fact. You are having a hard day.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

HARD DAYS / RESETS 39

Low needs support.



You keep showing up. Feeling flat or disconnected is making ordinary life harder.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

HARD DAYS / RESETS 40

Turn down the input.



Noise, messages, lights, and people are arriving faster than you can sort them.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 38

A thought is a claim.

1. Separate what happened from the conclusion you added.
2. Write what you know and what is still unknown.
3. Choose an honest sentence and one support action.

CHECK IT

What sentence can you actually believe?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 37

Catch the early cue.

1. Use a low-stakes example, fiction, or pass.
2. Name an earlier cue: pace, jaw, voice, or going quiet.
3. Choose a safe pause and backup if needed.

CHECK IT

What is the moment before the blowup?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 40

Turn down the input.

1. Choose one input you can reduce safely.
2. Try less noise, gentler light, a break, or another format.
3. Notice whether it helps. Adapt, stop, or ask for support.

CHECK IT

Which input can change first?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 39

Low needs support.

1. Notice one change you could describe to another person.
2. Ask a supportive adult or healthcare professional for help.
3. You do not need to wait for things to worsen.

CHECK IT

What would you want them to understand?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

HARD DAYS / RESETS 41

Rest has barriers.



You are exhausted. "Go to bed earlier" does not account for your whole situation.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

HARD DAYS / RESETS 42

Loss needs room.



A person, place, or version of life is gone. You do not want a lesson about it.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

HARD DAYS / RESETS 43

A hard date.



An anniversary, holiday, or reminder is coming. You want options before it arrives.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

HARD DAYS / RESETS 44

Reset, your way.



Someone's favorite coping tip does not fit you. You need another option.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 42

Loss needs room.

1. Use a word, shape, or fictional example.
2. Name what changed without telling the whole story.
3. Choose company, quiet, an activity, or professional support.

CHECK IT

What kind of company would fit today?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 41

Rest has barriers.

1. Name what is blocking rest: noise, work, worry, responsibilities.
2. Pick one change you can influence and one needing help.
3. Discuss persistent sleep problems with a healthcare professional.

CHECK IT

What needs support rather than more blame?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 44

Reset, your way.

1. Choose sensory, creative, practical, or social support.
2. Try it briefly without forcing breathing or movement.
3. Keep, adapt, or stop based on what you notice.

CHECK IT

What fits your body and situation?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 43

A hard date.

1. Choose what could help before, during, and after.
2. Make a lower-demand version in case energy changes.
3. Tell a supportive person what help could look like.

CHECK IT

What can get smaller on that day?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

FUTURE / SUPPORT 45

More than one route.



Everybody asks what comes next. You are still finding out what is possible.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

FUTURE / SUPPORT 46

Money takes room.



A cost is hanging over you. Other people make it sound like a simple choice.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

FUTURE / SUPPORT 47

A repair is an action.



You shared something private. "I am a terrible person" does not repair what happened.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

FUTURE / SUPPORT 48

Compare the tradeoffs.



Two choices both have a cost. You want more than a rushed yes or no.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 46

Money takes room.

1. Use general categories, not account or family details.
2. Sort one need: urgent, can change, or needs adult help.
3. Ask a school or community support person about options.

CHECK IT

What is the need under the pressure?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 45

More than one route.

1. Name one interest or kind of daily life you want.
2. List one question about access, cost, time, or entry steps.
3. Choose a person who could help answer it.

CHECK IT

What information would make the future less vague?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 48

Compare the tradeoffs.

1. Name what each choice offers and costs.
2. Ask whether there is a third option or missing information.
3. Get support when a choice affects safety or cannot be undone.

CHECK IT

What do you need before deciding?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 47

A repair is an action.

1. Name the action without an excuse.
2. Acknowledge its impact without asking for reassurance.
3. Stop the behavior and respect the person's choice about contact.

CHECK IT

What follow-through would matter?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

FUTURE / SUPPORT 49

Ask for the kind.



You need support. You do not need someone immediately taking over.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

FUTURE / SUPPORT 50

Try another door.



The first person minimized it, was unavailable, or did not know how to help.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

FUTURE / SUPPORT 51

Notice the millimeter.



You did not transform your life. You did ask one question you usually avoid.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

FUTURE / SUPPORT 52

Bring someone in.



This is bigger than a card. You need a person beside the next step.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 50

Try another door.

1. Your need still matters after an unhelpful response.
2. Choose another supportive adult, healthcare professional, or service.
3. Ask someone to help make the connection or arrange access.

CHECK IT

Who could help with getting help?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 49

Ask for the kind.

1. Choose: listen, company, practical help, information, or professional care.
2. Ask a suitable person for a private conversation.
3. Start: "What would help right now is ___."

CHECK IT

What kind of help are you asking for?

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 52

Bring someone in.

1. Ask a supportive adult or professional for help now.
2. If you might hurt yourself or cannot stay safe, seek immediate support.
3. U.S.: call or text 988. Immediate danger: call 911.

CHECK IT

What is the safest available support route?

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YOUR NEXT MOVE 51

Notice the millimeter.

1. Name an actual action, not a score for your personality.
2. Notice what helped and what still needs support.
3. Choose one thing to keep or change next time.

CHECK IT

What progress would you otherwise miss?

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