



## Ghost Mode: I Was Here, but Not Really

***You didn't rage. You didn't crash. You just disappeared a little. Let's figure out why—and what you need now.***

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Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. Did I go silent or isolate more than usual today?  Yes  No \_\_\_\_\_

\_\_\_\_\_

2. Was I hiding from people, responsibilities, or emotions?  Yes  No \_\_\_\_\_

\_\_\_\_\_

3. Did I feel invisible, or did I choose to be?  Yes  No \_\_\_\_\_

\_\_\_\_\_

4. What did I \*not\* say or deal with today? \_\_\_\_\_

\_\_\_\_\_

5. What were the thoughts running in the background? \_\_\_\_\_

\_\_\_\_\_

6. Was I emotionally numb, distracted, or tuned out?  Yes  No \_\_\_\_\_

\_\_\_\_\_

7. Did I feel like anyone noticed or cared?  Yes  No \_\_\_\_\_

\_\_\_\_\_

8. Is this kind of day becoming a pattern?  Yes  No \_\_\_\_\_

\_\_\_\_\_

9. What would have helped me come out of it earlier? \_\_\_\_\_

\_\_\_\_\_

10. What does tomorrow need that today didn't get? \_\_\_\_\_

\_\_\_\_\_