

THE EMERGENCY SADS MANUAL

Vol. 1

From Dev Ramsawakh

In Case of the Sads: 11 Lessons from the Brightside

You have learned a lot from every time you pull yourself out of the *Dark Place*, but sometimes it will try to pull you back there by making you lose grip of those lessons.

So if the *Dark Place* is reaching its cold colourless fingers around you again, come back to your lessons.

Lesson 1: THIS IS JUST A PHASE

All of the bad moments are just a phase. Just because bad things have happened, doesn't mean they will continue to happen.

Good moments are also phases. Just because they aren't here right now, does not mean that they will never come again.

Just get through this phase so you can move into a good one.

It is coming, you just have to wait.

Lesson 2: IF YOU DON'T ASK, YOU ALREADY HAVE YOUR NO

You have to be assertive to get what you want. You have to ask for more money. You have to ask to get a relationship. You have to find the improvements you are looking for.

You might be missing out on opportunities just cause you didn't even bother to ask.

Lesson 3: YES, THINGS ARE HARD, BUT NOT TRYING WON'T MAKE IT EASIER

Yes, you face discrimination and oppression. But hiding from it or not trying or pretending you don't want what you want will not change how you feel, what you want, or what you'll get. Fighting for it is the only way to get it.

Lesson 4: CIRCUMSTANCES AND FACTORS CHANGE

Just because you got rejected or failed somehow before, doesn't that the factors that led to that outcome will always be the same. Things will change and the right things will line up eventually.

Lesson 5: TRUSTING OTHERS IS AN ACT OF TRUSTING YOURSELF

It can be hard to trust people sometimes because it means you have to trust your judgement about someone else, and you been wrong before. But now you know the flags to look for and you have to have faith in yourself to make the right choices for you.

Lesson 6: CONFLICT DOESN'T HAVE TO END BADLY

Yes, conflicts can go badly. But you have been through conflict before and it has been very constructive. Not everyone will react badly or see your perspective as an attack, and those that do are letting you know where you need to draw your boundaries with them.

Lesson 7: HAVE FAITH IN YOUR LOVED ONES' ABILITY TO MANAGE HARM

They wouldn't be your loved ones if you didn't trust them. They have their own circumstances, experiences, needs and desires. Just because you feel as though you can see things they can't, you have to let them decide for themselves if you've already expressed concern. They will let you know if things changed.

Lesson 8: MAKE DECISIONS THAT ARE IN ALIGNMENT WITH YOURSELF

Before making major decisions, stop and ask yourself:

What do I want and Who do I want to be?

What are my values?

What can I do in this situation that aligns with all of those things?

You will find yourself in those choices.

Lesson 9: YOUR INSTINCTS ARE TELLING YOU SOMETHING, LISTEN

Your instincts may not always be right, but they are telling you something.

Whether it is an insecurity, a red flag, a trauma response, if you listen to your instincts, interrogate them, you can figure what they are trying to tell you.

Once you understand it, you can then understand what to do with it.

Lesson 10: STRONG AND SOFT ARE NOT MUTUALLY EXCLUSIVE

Strength is not about detachment. You can be both firm and kind. You don't have to draw from rage to find strength.

Boundaries can be loving; they don't have to inflict harm.

You do not have to approach relationships with hardness.

And your softness does not have to mean vulnerability.

Lesson 11: YOUR JOY DOES NOT NEGATE YOUR TRAUMA

You do not have to perform your trauma. Your trauma does not have to become your entire personality for it to be valid.

Just because you experience joy and pleasure, does not mean that your past didn't happen.

And just because you have trauma, does not mean that you will never experience joy or pleasure again.

IG: @merkyy_waters
Twitter: @merkyywaters
TikTok: @merkyywaters
IndivisibleWriting.com