

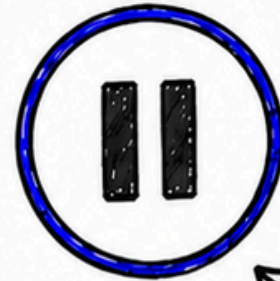


Doodle Don't Do™

For Grown Folks



UNSENT.
ON
PURPOSE.



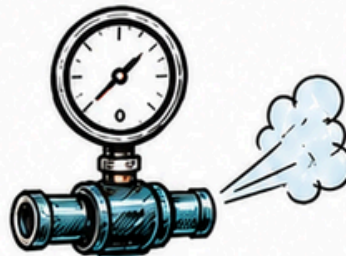
PAUSE
IS A
POWER
MOVE.



X DON'T SAY IT.



X DON'T FUEL IT.



X DON'T BLOW UP.



X DON'T DELETE THE WORK.



PUT IT
HERE FIRST.

redirect before you respond, reply or react.

Doodle Don't Do™ is **NOT** therapy, crisis care, medical advice, legal advice, or a replacement for professional support. Nor is it intended to treat, diagnose or cure any ailments, illnesses or disease.

If your distress feels too big to manage, your safety is at risk, or you need support beyond what a workbook can provide, please reach out to a qualified mental health professional, trusted support person, local emergency service, or crisis support resource in your area.

The author and the publisher cannot accept responsibility for any loss or claim arising out of the use, or misuse, of this workbook or the failure to take medical advice.

Copyright © 2026 By Latonya Harris
ALL RIGHTS RESERVED.

This workbook may not be copied, reproduced, resold, shared, uploaded, distributed, edited, or used to create derivative products without written permission from the copyright owner.
For personal use only.

Start Here

What this is

This is a place to put the feeling before it turns into a text, shutdown, snap, spiral, fake yes, guilt trip, or whole-body overwhelm.

You do not need to process your whole life right now.
You just need somewhere to put the first draft of the feeling.

Use this when:

- ☐ I am about to react.
- ☐ My thoughts are loud.
- ☐ I need to get it out first.
- ☐ I need one next step.

What this gives you:

-  A quick page picker
-  5 sample reset pages
-  A way to pause
-  A way to move next

Before you do the thing, put the feeling somewhere first.
Then sort it, release it, or choose one next step.

You are not too much. You are holding too much.

Which Page Do I Need Right Now?™

Pick the page that fits the mood.

☐

If I want to send the text

Go to: Don't Send It — Page 4

☐

If the feeling is too loud

Go to: The Feeling Is Too Loud — Page 5

☐

If I need to dump it out first

Go to: Put The Loud Part Here — Page 6

☐

If I need one clear move

Go to: One Next Step — Page 7

☐

If I need more than this freebie

Go to: Full workbook / waitlist — Page 10

Do not overthink the choice. Pick the page that feels closest.



There is no wrong page.

The point is to
= pause =
before the heart
reaction.



Find the page you need right now.



Don't Send It™

For the text, paragraph, clapback, explanation, or emotional essay that does not need to leave your phone right this second.

1

What I want to send

Put the uncensored version here first.

2

What hit me?

- ☐ I felt ignored
- ☐ I felt disrespected
- ☐ I felt misunderstood
- ☐ Something else _____

3

What do I actually need?

- ☐ To calm down first
- ☐ To be clear
- ☐ To be heard
- ☐ To say less

4

Not yet

- ☐ Save draft
- ☐ Rewrite later
- ☐ Delete it
- ☐ Wait 20 minutes



You are allowed to pause.



♥ A loud feeling is not a final draft. ☆

Breathe.
Ground.
You've got this.

— ♥ — Don't send. Don't snap. Doodle that. — ♥ —

The Feeling Is Too Loud™



For the moment when the feeling is taking up the whole room.



1 What is loud right now?

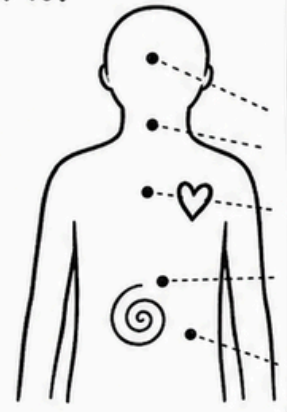


- ☐ Anger
- ☐ Fear
- ☐ Shame
- ☐ Sadness
- ☐ Overwhelm

Other: _____

2 Where do I feel it?

- ☐ Chest
- ☐ Stomach
- ☐ Throat
- ☐ Head
- ☐ Everywhere



3 Turn down the volume



- ☐ Drink water
- ☐ Stand up
- ☐ Breathe slower
- ☐ Write before reacting

4 What is this feeling trying to say?

It feels loud because...



The feeling can be loud without being in charge. ♥



♥ ☆ ➤ Put the loud part here first. ⚡ ♥

Doodle Don't Do™



Put The Loud Part Here™



No editing. No fixing. Just somewhere to put it.



➤ Write it messy. Scribble it ugly. Tell the truth first.



The loud part

What is under that? ♥



Under the anger



Under the stress



Under the reaction



What needs care right now? ♥



My body



My thoughts



My space



My boundaries ✨



Getting it out is a move. ☆



Scribble the stress. Sort the feeling. Choose one next step.



One Next Step™

You do not need the whole answer. Just the cleanest next thing.

1 What do I need most right now?

- | | |
|-----------------------------------|----------------------------------|
| ☐ Rest | ☐ Food |
| ☐ Time | ☐ Quiet |
| ☐ Clarity | ☐ Honesty |
| ☐ Distance | ☐ Support |
| ☐ Water | |



2 From here, pick one:

- ☐ Wait 10 minutes
- ☐ Say less
- ☐ Ask for time
- ☐ Set a boundary
- ☐ Apologize
- ☐ Do nothing yet
- ☐ Come back later
- ☐ Ask for help



3 The cleanest thing I can do next is:



4 What will help me actually do it?





Small is still forward.



Not Every Feeling Gets A Reply



Some things need a response. Some things need a minute.
Let's not freestyle this.



① What kind of moment is this?

- ☐ disrespect ☐ pressure ☐ misunderstanding ☐ disappointment
☐ overload ☐ old wound ☐ other: _____

② Before I do anything, I need: '≡

- ☐ water ☐ time
☐ food ☐ facts
☐ quiet ☐ sleep

② Is this urgent?

- ☐ Yes, today.
☐ Yes, but not right now.
☐ No, I'm activated.
☐ No, let it pass.

③

Pick the cleaner move.

Choose the one that protects your peace and your point.

- ☐ reply in one sentence ☐ ask for time ☐ say no
☐ ask one clear question ☐ wait until tomorrow ☐ do not send it

④ If I do respond, let it be: '≡

- ☐ clear ☐ short ☐ honest ☐ calm ☐ boundaried ☐ not tonight

⑤ My better next move: _____

I'll do it at: _____

... ♥ ...

∴ ⇒ A delayed reaction is still a response. Just smarter. ⇐ ∴

If this helped...™

The starter Doodle Don't Do™ workbook goes further.
More pages. More emotional reset moments.
More places to put the feeling before it turns
into the thing you wish you had not done.

You don't
have to
hold it all.

Inside the starter workbook

22 active pages

- ☐ Not Mine To Carry
- ☐ Anger Has Receipts
- ☐ The Guilt Trip Has Been Cancelled
- ☐ I Need Space, Not War
- ☐ Care Counts
- ☐ Not Forever
- ☐ And more



Want the next one too?

More Doodle Don't Do™ products are coming.
Join the waitlist!

same you.
more peace.



Get the starter workbook



Join the waitlist



redirect before you respond, reply or react



Join The Waitlist!



Already downloaded this directly from us? You're on the list.

Did someone share this with you? Join the Doodle Don't Do™ list here.

Join the waitlist to be the first to hear when new editions are ready.

No pressure. No obligation. Just a simple heads-up when the next

Doodle Don't Do™ product is available.

Is there is a teen or young adult in your life? We are also working on products designed to help them **pause, process, and move** through some of life's messy moments with a little more **ease** and **support**.

www.doodledontdo.com