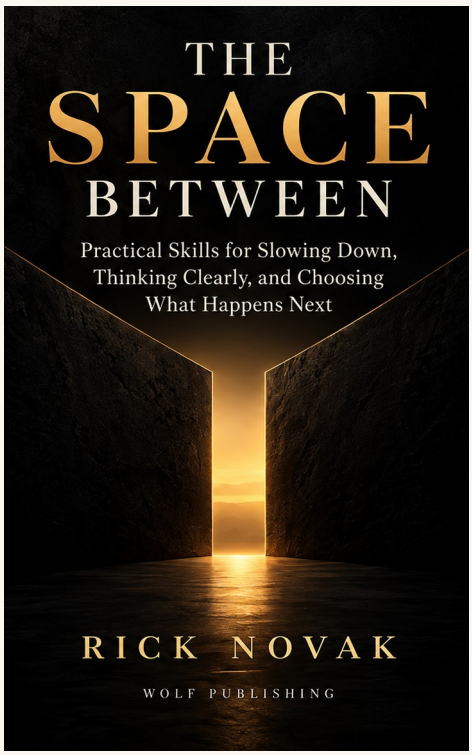
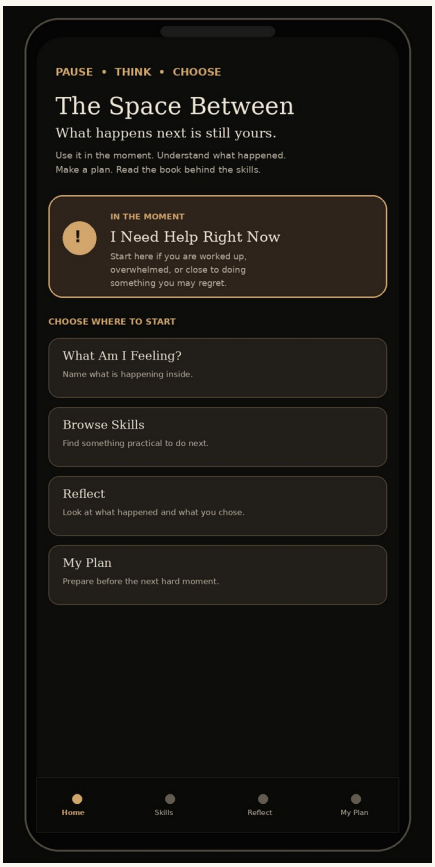
THE SPACE BETWEEN

WHAT HAPPENS NEXT IS STILL YOURS.

The complete book and practical tools for the moment before you react.





ONE SITE. EVERYTHING IS HERE.

54 practical skills • Guided exercises • Reflect • My Plan • The complete book

SCAN TO OPEN

thespacebetweencoping.com

Free. No account. No login. No name required.

A text goes unanswered. A look feels disrespectful. Your body is already moving before you have decided what the moment means. The Space Between helps you slow that sequence down long enough to make a different choice.

WHAT DO YOU NEED RIGHT NOW?

Start where you are. You do not need to use the site in order.

I NEED HELP RIGHT NOW

When you are worked up, overwhelmed, or close to doing something you may regret.

WHAT AM I FEELING?

Put a clearer name to what is happening underneath the first anger.

BROWSE SKILLS

Find something practical you can do next. Search in ordinary words.

REFLECT

Look at what happened, the story you told yourself, what you felt, and what you chose.

MY PLAN

Build your warning-sign and coping plan while you are calm, before the next hard moment.

READ THE BOOK

Read the complete book free. Each chapter links to the skills it teaches.

THIS WEEK

Pick one skill. Use it once, even on something small: traffic, a line at the store, a text that bothers you. Then come back and tell us what happened, including if it did not work.

PUT IT ON YOUR PHONE

iPhone: Safari → Share → Add to Home Screen.
Android/Chrome: site → menu (⋮) → Add to Home screen.

PRIVACY

What you save stays in this browser on this device. It is not sent to your program or the court. Someone with access to your device may be able to see it.

YOUR COURT ORDER COMES FIRST.

Nothing here gives permission to call, text, message, follow, visit, or go anywhere an order does not allow. An apology is still contact. If you are unsure what your order permits, ask your lawyer.

If anyone is in immediate danger, call 911. For mental-health or suicide crisis support, call or text 988.