

CLERGY CRISIS RESPONSE PLAN

When the weight becomes too much—you don't have to carry it alone.

INSTRUCTIONS:

This worksheet helps you prepare for the moments when ministry, grief, pressure, or burnout becomes too heavy to manage alone. It's not a sign of weakness—it's an act of wisdom and stewardship. Fill it out when you are clear and grounded, so it's there when you're not.

Step 1: Know Your Early Warning Signs

Check or list the signs that typically show up first when you're approaching a personal or professional crisis:

- ☐ Trouble sleeping
- ☐ Emotional numbness
- ☐ Crying easily or unexpectedly
- ☐ Avoiding prayer or Scripture
- ☐ Irritability with people I care about
- ☐ Fantasizing about quitting or disappearing
- ☐ Panic, despair, or deep shame
- ☐ Other: _____
- ☐ Other: _____

Step 2: What Helps When I'm Struggling

When I'm at a low point, I tend to forget what helps. Let's write it down now:

A practice that grounds me:



A place where I feel safe or comforted:

A truth or Scripture I want to remember:

A simple act of care that helps me reset:

Step 3: My Support Plan

Who are the people I can turn to without fear, shame, or judgment?

Support Role	Name	Contact
Spiritual Mentor or Elder		
Counselor or Therapist		
Close Friend or Peer Pastor		
Emergency Contact		
Family Member		

Step 4: My Personal “Break Glass” Plan

What will I do if I hit my breaking point? Choose in advance.

- I will contact (name): _____
- I will pause all non-essential ministry duties for _____ days
- I give myself permission to:
 - ☐ Rest
 - ☐ Be honest
 - ☐ Cry
 - ☐ Ask for help
 - ☐ Other: _____
 - ☐ Other: _____

AFFIRMATION:

God does not expect me to lead while falling apart.

I am not alone, and I don’t have to pretend.

Asking for help is faith in action.



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