

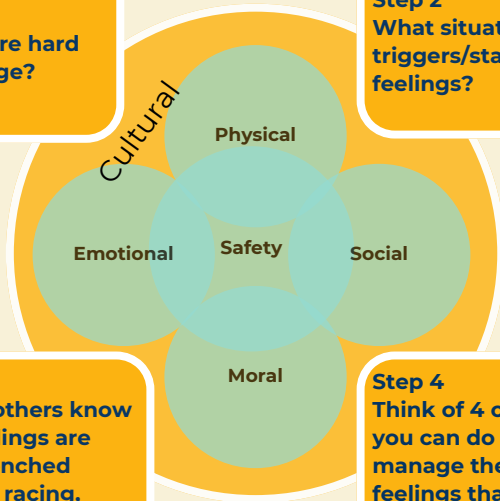
Creating your Safety Plan

Step 1

What feelings are hard for me to manage?

Step 2

What situations triggers/start these feelings?



Step 3

How do you or others know when these feelings are strong? (e.g. clenched fist/teeth, heart racing, teary, sweaty, etc.)

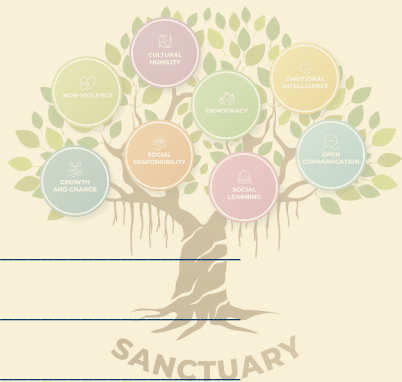
Step 4

Think of 4 or 5 things that you can do to help you manage these strong feelings that will keep you and others safe?

Your Safety Plan

Step 5

List 4 or 5 things that help you manage your emotions
(e.g deep breathing, counting, fidgeting.)



1. _____
 2. _____
 3. _____
 4. _____
 5. _____
- _____