

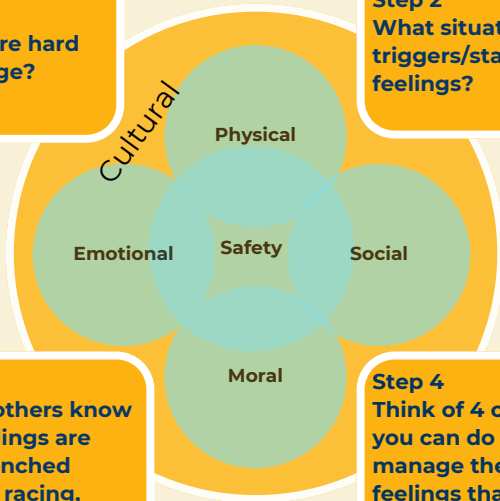
# Creating your Safety Plan

## 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.)

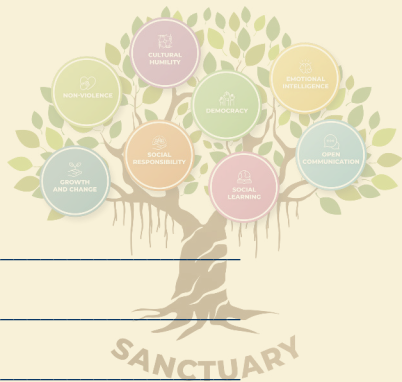
## Step 4

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. \_\_\_\_\_
- \_\_\_\_\_