

CREATING YOUR SAFETY PLAN

Step 1: Identify which emotions are most difficult to manage for you. (Remember that there are often other emotions underneath what looks like anger: sadness, shame, frustration, etc.)

Step 2: Identify what types of situations are likely to trigger the emotions that you identified in step 1. (ie: being ignored, being asked to do more than your share, etc.)

Step 3. Identify the signs that you or those around you might notice when your emotions are becoming overwhelming. (ie: crying, pacing, fidgeting, scribbling, etc.) Also pay attention to what happens in your body when you are overwhelmed. (ie: heart racing, stomach ache, headache, sweaty palms, etc.)

Step 4. Identify 5 things that you can do to help keep yourself and those around you physically, emotionally and morally safe. Some of them can and should involve other people or leaving the physical space you're in (get a hug, call a friend, take a walk, make coffee, etc) and at least two should be things you can do on your own and without leaving the physical space you are in (breathing, counting tiles, squeezing your hands, etc.)

FOR YOUR SAFETY CARD: TRANSFER THESE FIVE THINGS TO YOUR SAFETY CARD AS A REMINDER TO YOURSELF OF COPING SKILLS THAT WORK FOR YOU IN CHALLENGING TIMES.

Helpful questions or frames can also be:

I will cope, calm and sooth myself by: _____

I will tell myself: _____

I will call: _____

I will go to: _____