



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 emotion(s) you identified in step one. (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.)

Step 4: Identify 5 things that you can do to help keep yourself and those around you physically, emotionally, socially and morally safe. Some of them can/should involve other people or leaving the physical space you are in (get a hug, call a friend, make some tea/coffee, take a walk) and at least two should be things that you can do on your own and without leaving the physical space you are in. (ie: deep breathing, squeezing your hands, counting tiles on the floor, etc.). **Transfer these five things to your safety plan card, which you will use as a physical reminder of coping skills that work for you in challenging times.**
