

Building An Emotional Safety Plan

1) Identify Your Warning Signs

- a) What situations tend to make you feel overwhelmed? (being around specific people, certain social situations or being in certain settings)

- b) When you are starting to feel overwhelmed or in crisis, what does it feel like? (this can include feelings in your body, thoughts you tend to have, behaviors you notice, etc.)

2) Build Your Tool Box

- a) **Coping Strategies** (what strategies could you use in the moment?)

- b) **Self Care** (what makes you feel nourished and valued?)

- c) **Supportive Options** (loved ones, professionals, or hotlines)

3) Name Your plan

When I notice (warning signs or situational trigger):

I will cope in the moment by trying (copied strategy #1):

If that doesn't work, I will try (Coping strategy #2):

If I need additional support, I will contact (support option #1):

and if they aren't available to support me, I will contact (support option #2):

After using my plan, I will take care of myself by (self care):