

Make A Personal Emotional Safety Plan

When you're emotional and worked up, it makes sense to feel confused. How could you know where to start? That's why we recommend preparing a plan ahead of crisis times—so you'll have an easier time regaining stability in the moment.

What situations make me feel intense emotions like anger, self-hatred, panic, or terror?

Where do I feel safest when I feel this way? How can I make myself physically comfortable?

Who can I turn to when I feel out-of-control, helpless, or unsafe?

What can we do together, to calm my emotions?

Hey! I deserve to feel emotionally safe. I am worthy, just like anyone else. List 3 positive qualities here, to remind myself in the future.

How will I know that I'm emotionally safe again? (Here, describe how my body feels, how my mind works, and how the world looks when I'm relaxed and safe.)

Examples: warm hands and feet, loose muscles, feeling hopeful, an impulse to explore, inner calm, slower heartbeat

What can I do to maintain the emotional safety that I regained? (Here, list self-care activities that feel most rewarding to me, along with how often I'll do them.)