

## Safety Contract: Protecting Yourself and Others

1. I am aware that I am in danger of hurting \_\_\_myself \_\_\_others \_\_\_both myself and others
2. I recognize that wanting to hurt myself and/or others is a common feeling in recovery from PTSD and substance abuse. I understand that this is not “bad” or “wrong,” but that it does need to be dealt with in healthier ways.
3. “Hurting myself” means all methods of harm. Circle those that apply: cutting, burning, suicidal action, bingeing–purging on food, gambling, using a substance, driving too fast. Additional ones for me are: \_\_\_\_\_

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4. “Hurting others” means any emotional or physical attack on others. Circle those that apply: physical attack (hitting, punching, using a weapon against someone); emotional attack (yelling at someone, saying cruel words). Additional ones for me are: \_\_\_\_\_

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5. I recognize that hurting myself or others comes from emotional pain. There are real reasons for it, and I need to listen to myself very closely to explore those. I’m aware of the following main issues behind my hurting myself and/or others (circle those that apply): wanting people to see how upset I feel; wanting to be taken care of; feeling hopeless; feeling like a failure. Additional ones for me are: \_\_\_\_\_
6. Whatever the reasons for my impulses, I still must learn to stay safe. I promise—to myself, to my recovery, and to my therapist—that I will carry out the following:
  - a. Before hurting myself or others, I will attempt to reach out for help from \_\_\_\_\_

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  - b. Before hurting myself or others, I will use the following safe coping skills: \_\_\_\_\_

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  - c. If I hurt myself or others in any way, I will be fully honest with my therapist and talk about it at the next possible opportunity (e.g., at my next session or by leaving a phone message).
  - d. If my life or serious physical harm is at risk, I will do whatever it takes to protect myself (e.g., going to an emergency room). My specific plan will be: \_\_\_\_\_

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7. This contract will remain in effect until I and my therapist agree to revise it.
8. *Optional:* if I violate this contract, the following will occur (circle any that apply):
  - a. I will agree to obtain more care (e.g., go into the hospital, sober house, join AA).
  - b. I will agree to get rid of my weapon (e.g., rope, knife).
  - c. I will agree to write about why I violated my contract and whom I have hurt.
  - d. I will agree to \_\_\_\_\_

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9. *Optional:* I will give a copy of this contract to (circle any that apply): my partner, my doctor, my AA sponsor, my \_\_\_\_\_

Patient signature: \_\_\_\_\_ Therapist signature: \_\_\_\_\_ Date: \_\_\_\_\_

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