

Signs of Danger versus Safety

Listen to the messages your behavior is sending you!

★ *What are your red and green flags? Check off below:*

🔔 Red Flags 🔔	🟢 Green Flags 🟢
Danger	Safety
Isolation	Spending time with supportive people.
Not taking care of my body (food, sleep)	Taking care of my body
Fights with people	Able to get along
Too much free time	Structured schedule
Destructive behavior	Behavior under control
Feel stuck	Feel I'm moving forward
Lying	Honesty
Negative feelings acted out	Negative feelings expressed in words
Canceling treatment sessions	Attending all treatment regularly
Stop taking medications as prescribed (either too much or too little)	Taking medications as prescribed
Passive ("Why bother?")	Active coping
Cynical/negative	Realistic/positive
Not fighting PTSD symptoms (e.g., dissociation, self-cutting)	Fighting PTSD symptoms (e.g., grounding, rethinking, etc.)
Not learning new coping skills	Learning new coping skills
Become physically sick	Stay physically healthy
Believe treatment is unnecessary	Believe treatment is necessary
Spend time with people who use	Spend time with "clean" people
Cannot hear feedback	Listen to feedback
Too much responsibility	Appropriate responsibility
Think people are trying to make me look and feel bad	Feel okay around people
Stop caring; stop trying	Care and try
Arrogant euphoria	Realistic concern
Absent from work or school	Attend work or school

(cont.)

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★ *What are your additional red flags?*

★ *What are your additional green flags?*
