

## Create a Safety Plan

★ Fill in the safety plan using the following as an example:

<p><b>Mild Danger (starting to show distress)</b></p> <ul style="list-style-type: none"> <li>• Eating poorly</li> <li>• Missing occasional treatment sessions</li> <li>• Getting cynical and negative</li> </ul>	<p><b>What I Will Do to Stay Safe</b></p> <ul style="list-style-type: none"> <li>• Increase AA to three times a week</li> <li>• Tell therapist what I’m feeling</li> <li>• Call my friend Pat and talk with her</li> </ul>
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🔔 <i>Red Flags</i> 🔔	🌀 <i>Safety Plan</i> 🌀
<p><b><u>Mild</u> Danger</b> (Starting to show distress)</p>	<p><b>What I Will Do to Stay Safe</b></p>
<p><b><u>Moderate</u> Danger</b> (Getting serious—watch out)</p>	<p><b>What I Will Do to Stay Safe</b></p>
<p><b><u>Serious</u> Danger</b> (Emergency!!)</p>	<p><b>What I Will Do to Stay Safe</b></p>

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