

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.)

When starting a

2) Build Your Tool Box

2)