

Personal Safety Plan

USE THIS PLAN WHEN I'M FEELING

1. _____
2. _____
3. _____
4. _____
5. _____

Warning Signs

INTERNAL: Thoughts, mental imagery, moods, situations, behaviors that let me know a crisis may be developing:

_____	_____
_____	_____
_____	_____
_____	_____

EXTERNAL: Places, events, people, time of day/year, songs, themes, items, etc. that correlate with these internal signs:

_____	_____
_____	_____
_____	_____
_____	_____

Possible Activities

Enjoyable actions to distract, relax, and refocus without contacting someone:

_____	_____
_____	_____
_____	_____
_____	_____

People and social settings that provide distraction:

_____	_____
_____	_____
_____	_____
_____	_____

Action Plan

1. Take a deep breath
2. Ask for suicidal thoughts to be removed from my brain
3. HALT (hungry | angry | lonely | tired)
4. Take 5 more deep, slow breaths & zone in to the present
5. Identify my current feelings
6. Practice "feelings vs. facts"
7. Write down feelings for later review
8. "Do in spite of how I feel"
9. Choose an activity
10. See who's online / call someone

_____	_____
_____	_____
_____	_____

11. 5 minutes of meditation
12. Choose a task and practice doing it in the present
13. Call emergency contact
Therapist _____
Psych Center _____
Hotline _____
14. Put down weapons and keep both hands on the phone

Making the Environment Safe

1. _____
2. _____

One thing that is most important to me and worth living for is:

Personal Safety Plan - EXAMPLE

USE THIS PLAN WHEN I'M FEELING

1. Overwhelmed
2. Angry
3. Helpless
4. Confused
5. Lonely

Warning Signs

INTERNAL: Thoughts, mental imagery, moods, situations, behaviors that let me know a crisis may be developing:

<u>Brain stuck on my breakup</u>	<u>Comparing my life to my friends'</u>
<u>Replaying conversations in my head</u>	<u>Angry at people on my "I trust" list</u>
<u>Thinking about my sister</u>	<u>"Nothing will ever change."</u>
<u>"You'll never be good enough!"</u>	<u>Slept less than 6 hours last night</u>

EXTERNAL: Places, events, people, time of day/year, songs, themes, items, etc. that correlate with these internal signs:

<u>Have to go to a family dinner</u>	<u>Beach weather</u>
<u>Friday night without plans</u>	<u>Quarterly performance reviews</u>
<u>Too sad to fulfill an obligation I made</u>	<u>My birthday</u>
<u>Social media infoleak about Panchal</u>	<u>Anniversary of my dad's death</u>

Possible Activities

Enjoyable actions to distract, relax, and refocus without contacting someone:

<u>Play SWTOR</u>	<u>Go out to the café and read</u>
<u>Walk around the city</u>	<u>Organize something</u>
<u>Work on my blog</u>	<u>Make a to-do list, review GTD</u>
<u>Play with Avid Pro Tools</u>	<u>Go to the gym</u>

People and social settings that provide distraction:

<u>Hackerspace</u>	<u>Gym</u>
<u>TRX class (invite David)</u>	<u>Karaoke (invite Brian & Tanya)</u>
<u>Apple store downtown</u>	<u>Coffee (invite someone online)</u>
<u>Volunteer at the animal shelter</u>	<u>COD Multiplayer</u>

Action Plan

1. Take a deep breath
2. Ask for suicidal thoughts to be removed from my brain
3. HALT (hungry | angry | lonely | tired)
4. Take 5 more deep, slow breaths & zone in to the present
5. Identify my current feelings
6. Practice "feelings vs. facts"
7. Write down feelings for later review
8. "Do in spite of how I feel"
9. Choose an activity
10. See who's online / call someone
Jeff 212.555.1234
Mark 212.555.1234
Julie 212.555.1234
11. 5 minutes of meditation
12. Choose a task and practice doing it in the present
13. Call emergency contact
Therapist Dr. Greene 212.555.1234
Psych Center Front Desk 212.555.1234
National Hotline 800.273.8255 (TALK)
14. Put down weapons and keep both hands on the phone

Making the Environment Safe

1. Pull out scheduled meds for tonight, put the rest on ice, leave them!
2. Disconnect from social media when I'm obsessively refreshing
3. Turn on the lights, put on playlist of calming songs, remove clutter

One thing that is most important to me and worth living for is:

TODAY: Hiking alone in the woods on a perfect morning
SOMEDAY: Hiking in the woods on a perfect morning with someone who loves me