

Safety Plan

Early warning signs (thought, image, mood, behavior, situations) that a crisis might be happening 1. _____ 2. _____ 3. _____
When things are really breaking down (list things you do, what is happening around you) 1. _____ 2. _____ 3. _____
Things I can do that can distract me and take my mind off my problems 1. _____ 2. _____ 3. _____
Internal coping strategies: ways I can take my mind off problems and feel calm (a prayer, affirming quote of mantra, relaxation strategy) 1. _____ 2. _____ 3. _____
People I can call to ask for help (name and phone number) 1. _____ 2. _____ 3. _____
Professionals I can call to ask for help (names and phone numbers) 1. _____ 2. _____ 3. _____
Things I need to do to make my environment safe 1. _____ 2. _____ 3. _____
My two biggest reasons for living 1. _____ 2. _____

National Suicide Prevention Lifeline 1-800-273-8255

agoodplacetherapy.com

Seeking Safety Format Worksheet

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Seeking Safety Format Worksheet Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Seeking Safety Format Worksheet**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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