

# Safety Planning

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1. What are your trauma reminders or triggers? (Please circle all that apply)

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|----------------------------------|------------------------------|------------------------|
| Being touched                    | Being isolated               | Specific person (Who)  |
| Time of year (When)              | People in uniform            | Anniversaries (What)   |
| Particular time of day<br>(When) | Yelling/fighting             | People being too close |
| Not having input                 | Being forced to talk         | Other: _____           |
| Bedroom door open or closed      | Being around men/women       |                        |
|                                  | Seeing others out of control |                        |

2. Please describe your warning signs; for example, what your body feels when you are losing control, and what other people can see changing? (Please circle all that apply)

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|----------------|-----------------|------------------------|
| Sweating       | Isolating self  | Being agitated         |
| Red faced      | Eating less     | Clenching fists        |
| Rocking        | Racing heart    | Bouncing legs Swearing |
| Crying         | Loud voice      | Nauseous               |
| Sleeping less  | Eating more     | Short of breath        |
| Breathing hard | Clenching teeth | Other: _____           |
| Wringing hands | Sleeping a lot  |                        |
| Pacing         | Can't sit still |                        |

3. What helps you feel or stay safe? (Please circle all that apply)

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|--------------------|---------------------|------------------|
| Writing            | Walking             | Exercise/sports  |
| TV/movie           | Reading             | Drawing/coloring |
| Listening to music | Video games         | Taking a shower  |
| Support from peers | Talking with adults | Other: _____     |

4. What helps you stay in control? \_\_\_\_\_

\_\_\_\_\_

5. What helped you stay in control in the past? \_\_\_\_\_

\_\_\_\_\_

6. What kind of space is most comfortable when you need it? \_\_\_\_\_

\_\_\_\_\_