

Personal Safety Plan Suggestions

Internal Safety Plan:

- Acknowledge your power to find ways to maintain your safety.
- Mentally list your options for protecting yourself if something dangerous happens, if you feel triggered.
- Picture a safe and peaceful spot.
- Think about what you are saying to yourself and correct untrue thoughts.
- Consider if you are reacting so strongly because of something that happened to you in the past. Change your thoughts to be more realistic.
- Breathe slowly and deeply.
- Create a personal mantra or statement of assurance you can repeat.
- Relax your body, one body part at a time.
- Pray for yourself or others.
- Zone out and decide not to pay attention.
- Note your physical sensations and remind yourself that sensations are not dangerous.
- Mentally focus on the fact that you are in the present and not in the past.

External Safety Plan:

- Note where exits are.
- Sit near a door.
- Select a seat in the room where you feel safest.
- Look around to note that other people seem safe.
- Refuse to speak.
- Be prepared to leave the room, decide a safe place to go.
- Sit near someone you feel safe being close to, someone who might protect you or at least accepts the ways you promote safety for yourself.
- Tell someone you trust if you start to feel unsafe.
- Distract yourself.
- Drink cold water.
- Close your eyes for a few minutes.
- Leave the room.