Counseling&Recovery
SERVICES OF OKLAHOMA
Certified Sanctuary Community

Creating a Safety Plan

Do you have things or people that "trigger" negative thinking, emotions or behavior? A safety plan can help you better manage those difficult emotions.

As part of our commitment as a Sanctuary Community, Counseling & Recovery Services clients and staff create personal safety plans. A good safety plan identifies safe, effective and self-soothing activities to use anytime, anywhere and without embarrassment.

Choose at least five immediate things to do when you find yourself in a challenging, stressful or dangerous situation. Some activities can involve others or leaving the space you are in (for example, calling a friend or taking a walk). At least two should be things you can do on your own and without leaving the space you are in (for example, deep breathing or squeezing a stress ball).

The safety plan is written on a small card, like an index card. The card can be confidential, but everyone should share their safety plans with others who can help them. It's also important to always carry your safety plan with you so it is available when you need it.

Some ideas to use in a Safety Plan:

Take a deep breath	Use positive self-talk
Take a walk	Think about being in a safe place
Talk to a friend	Listen to music
Leave the room	Write or draw

Sample safety plan

1. Breathe deeply (can do with other)
2. Count to 10 (can do with others)
3. Take a walk
4. Eat a healthy snack
5. Talk to my best friend

Visit crsok.org for more Sanctuary tools

My Safety Plan

1.

2.

3.

4.

5.