



Safety Plan

My Emotional Safety

- I will seek support groups in my area to gain support from others and to learn more about myself and myself in the relationship. These are groups available to me:
 - Adult Support Group __at FRIENDS, Inc. _____
 - _____
 - _____
- I can connect with a counselor or advocate to get individual support
 - I will discuss coping and grounding skills that I can use when I are feel anxious and overwhelmed
 - I will remain aware of coping strategies that are unhealthy, such as drugs, alcohol, and excessive spending.
- I will remind myself daily of my best qualities, these qualities are:
 - _____
 - _____
 - _____
- If I feel down and am thinking about returning to a potentially abusive situation, I can call _____ or spend some time with _____ before I make a decision.
- If my partner says something negative about me, I will try to think about _____, _____, or _____ instead.
- I can tell myself, “_____” whenever I feel others are trying to control or abuse me.
- When I have to communicate with my partner in person or via phone, I can _____, _____, and/or _____ to remain safe and calm
- I can read _____ to help me feel stronger
- I can call the following people for support,
 - O _____
 - O _____
 - O _____