MY PERSONAI

MY PERSONAL CRISIS PLAN

I know I'm triggered when I notice:	Some good ways to	distract myself are
T notice:		
	Things that help me when I feel	Ways to keep myself and my space safe:
Some safe people I can reach out to are:	this way are:	space safe:
1		•
2		•
3		•
Other resources use to get myself		
ose to get tripsell	2	

3

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