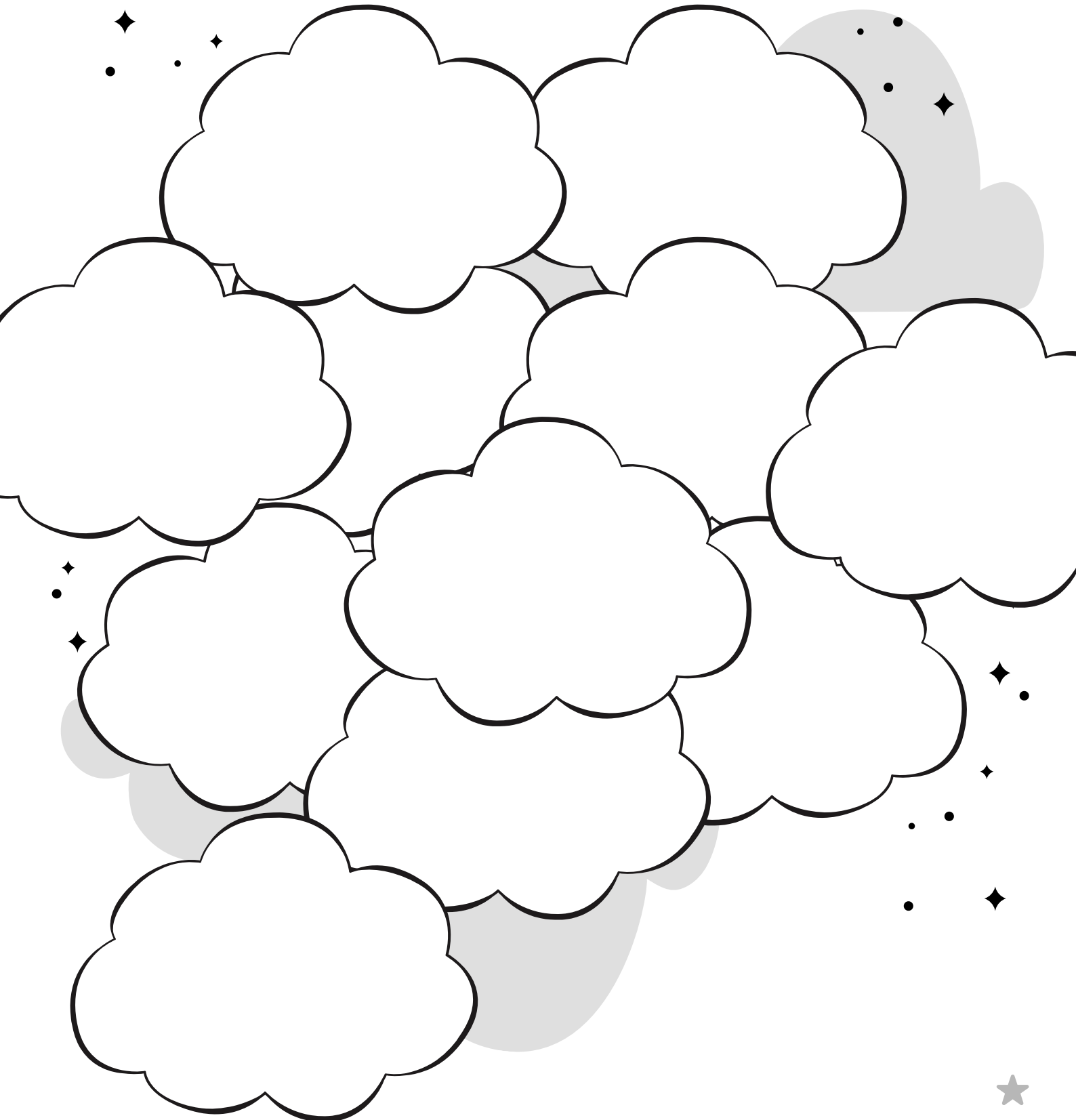




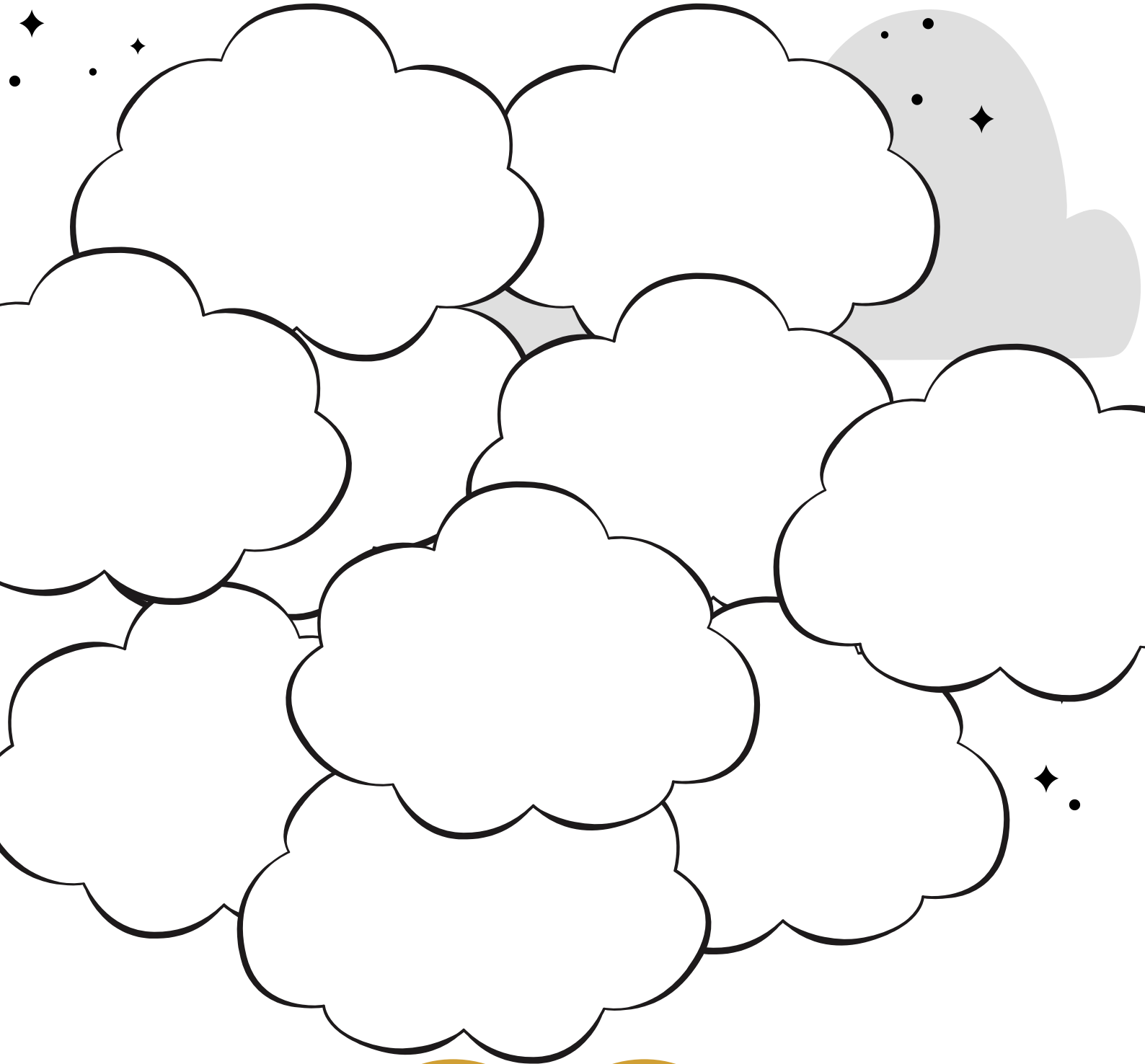
I feel triggered when...

Remember to have something to soothe you. Remember to call for help if you need it. Text a friend. Hug your animal. Take a deep breath.
Labeling these takes away its power over you.





Things that Soothe Me.
Things that Empower Me.
Things I do to Cope.





My Plan for My Safety

Emotional

Blank space for writing or drawing related to the Emotional component.

Mental

Blank space for writing or drawing related to the Mental component.

Spirit

Blank space for writing or drawing related to the Spirit component.

Body

Blank space for writing or drawing related to the Body component.

You can start off with one or two coping tools, skills, activities, boundaries, or needs into these four components. We encourage you to make this your own, with images, drawings, etc.