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| **My Emotional Safety Plan** | | | | |
| Made by: | | | Date: | |
| When I am feeling upset, I… | Feel: | Think: | | Act: |
| I can talk to… |  |  | |  |
| I can go… |  |  | |  |
| I can do… |  |  | |  |
| If I think I might get hurt or someone else might get hurt, I can: | | | | |