|  |
| --- |
| **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: |