**Create a Safety Plan**

Print and fill the safety plan using the following as an example.

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| Mild danger (starting to show distress)   * Eating poorly * Missing occasional treatment sessions * Getting cynical and negative | **What I will do to stay safe**   * Increase AA to three times a year * Tell therapist what I’m feeling * Call my friend Pat and talk with him |

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| **Red Flags** | **Safety Plan** |
| **Mild danger**  (Starting to show distress) | **What I will do to stay safe** |
| **Moderate danger**  (Getting serious-watch out) | **What I will do to stay safe** |
| **Serious danger**  (Emergency!) | **What I will do to stay safe** |