**Signs of Danger Versus Safety**

***Listen to the messages your behavior is sending you!***

What are your red and green flags? Check off below:

|  |  |
| --- | --- |
| **Red Flags** | Green Flags |
| **Danger** | Safety |
| Isolation | Spending time with supportive people |
| Not taking care of my body (food, sleep) | Taking care of my body |
| Fights with people | Able to get along |
| Too much free time | Structured scheduled |
| Destructive behavior | Behavior under control |
| Feel stuck | Feel I’m moving forward |
| Lying | Honesty |
| Negative feelings acted out | Negative feelings expressed in words |
| Cancelling treatment sessions | Attending all treatment regularly |
| Stop taking medications as prescribed (either too much or too little) | Taking medications as prescribed |
| Passive (“Why bother”) | Active coping |
| Clinical/negative | Realistic/positive |
| Not fighting PTSD symptoms (e.g., dissociations, self-cutting) | Fighting PTSD symptoms (e.g., grounding, rethinking, etc.) |
| Not learning new coping skills | Learning new coping skills |
| Became physically sick | Stay physically healthy |
| Believe treatment is unnecessary | Believe treatment is necessary |
| Spend time with people who use | Spend time with clean people |
| Cannot hear feedback | Listen to feedback |
| Too much responsibility | Appropriate responsibility |
| Think people are trying to make me look bad | Feel okay around people |
| Stop caring; stop trying | Care and try |
| Arrogant euphoria | Realistic concern |
| Absent from work or school | Attend work or school |

From Seeking Safety by Lisa M. Najavits (2002)