

Safety Plan

Situation: (A brief description of the event which merits a safety plan)

Goal: (A brief description of the desired outcome of the event)

Concerns: (A list of the concerns/problem areas that are likely to come up during this event)

Strategies: (A list of the strategies I will employ in order to remain safe)

Thinking Errors: (My top 5 thinking errors I use and how I will address them during the event)

H.A.L.T. (How I will address H.A.L.T.?)

a) **Hungry:**

b) **Angry:**

c) **Lonely:**

d) **Tired:**

Boundaries: (The existing and event specific boundaries that I will be focused on during this event)

Itinerary: (What, when and where of each hour of the event)