

Safety Plan for you Emotional Health and Wellbeing

No matter what types of abuse you have experienced, it will have an impact on your emotional wellbeing. The experience of being battered and verbally degraded by your partner is exhausting and emotionally draining.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some or all of the following:

The process of building a new life for myself takes a great deal of courage and requires a lot of energy. I will be gentle with myself and give myself permission to take the time I need to begin healing.

If I feel down and ready to return to a potentially abusive situation, I can: _____
_____.

When I have to communicate with my partner in person or by telephone, I can prepare myself ahead of time. I can use positive self talk by saying: _____ or having _____ (person) come with me for support.

I can try to use "I can" statements with myself and to be assertive with others.

I can tell myself _____ whenever I feel others are trying to control or abuse me.

I can read _____ to help me feel stronger.

I can talk to _____ and _____ as resources to be of support to me.

I can attend workshops and support groups at a family violence centre to gain support and strengthen my relationships with other people.

I can join _____ (group, club, sports team) to become involved in a healthy activity and to reduce my isolation.

I can keep a personal journal to write/draw about my feelings, especially when I am feeling low or vulnerable. I will keep it in a safe place or burn it.

I know that I will feel many emotions during this time. It is okay to feel angry but I will find positive and constructive ways to express my anger.

I will remember that I am the most important person to take care of right now.

I will find time to do things I enjoy and to help take care of myself. I enjoy or used to enjoy _____ (activity) and _____ (activity) and will do these things _____ (how often).

In the past I have used _____ (drugs, alcohol, food, impulse shopping, etc) as a way to deal with stressful situations. I recognize there are healthier ways to deal with stress and will make a commitment to find alternatives to help me.

I will review and revise my safety plan every _____ (time frame) to make sure I am on track. I will keep this document in a safe place and out of reach of my potential abuser.

Review Date: _____