

# My Safety Plan

Rev. 5/28/09

Name: \_\_\_\_\_

Date: \_\_\_\_\_

The situation that this specific safety plan is about is:

I knew I needed to make a safety plan for this situation because: (ie. it is a new situation, I am around different people, I find myself more sexually aroused then I used to be in this situation, etc.):

Three specific things that I can do to make the situation safer are:

1.

2.

3.

This plan will hold me accountable by (I can prove that I followed the plan):

This plan will keep me safe because (Does it Work):

Proof that I can/will do this plan (Doability):