

# 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)*