360 Communities®

Help in the moment. Hope for the future.

Safety Planning Worksheet

Please complete this worksheet with an advocate or with someone who has a good working knowledge of safety planning rather than do this alone.

Write the top five or six things that you think they will do. No need for explanation here; we get to that next.

1.
2.
3.
4.
5.
6.

List the reasons why you are fearful they will do what you believe they will do.

1.
2.
3.
4.
5.
6.

Fill in the following sentence for each of the above-listed behaviors they may do.
Ex: If they do (what is in part #1), I will _____

1.
2.
3.
4.
5.
6.