



Create a Safety Plan

★ Fill in the safety plan using the following as an example:

Mild Danger (starting to show distress)

- Eating poorly
- Missing occasional treatment sessions
- Getting cynical and negative

What I Will Do to Stay Safe

- Increase AA to three times a week
- Tell therapist what I'm feeling
- Call my friend Pat and talk with her

Key Points about Red and Green Flags

☞ **Red flags are messages of distress.** Just as a fever is a sign that you must rest your body, the red flags are signs that you are in emotional distress.