Directions: Use this worksheet to help you better understand your responses, feelings, behaviours and copping skills when dealing with a crisis. From this we will develop a safety plan to help you through crisis moments.

Describe what crisis looks and feels like to you. What is different in times of crisis and comparison to other times in your life? (Example, bad day vs good day)

|  |  |
| --- | --- |
| **Crisis** | **Other times in my life** |
|  |  |
|  |  |
|  |  |
|  |  |

When you have been in a crisis situation, what kinds of support did you seek? What things were most helpful (example people, places, services)? Why?

|  |  |
| --- | --- |
| **Source of Support** | **Why was it helpful** |
|  |  |
|  |  |
|  |  |
|  |  |

|  |  |
| --- | --- |
| What are the most difficult feelings for you to experience? Circle the most difficult feelings and add any not listed. | Think about what happens when these feelings get overwhelming. Consider the following: What does it feel like inside your body? What do you need when this happens? What can you do for yourself? What has been helpful? |
| Happiness Boredom |  |
| Joy Sadness Loneliness |
| Grief Fear Emptiness |
| Anger Rage Anxiety |
|  |

How do you decide to seek or reach out to others for support? How do you identify when you need someone to respond to you in a more empathetic manner? List below

|  |
| --- |
|  |
|  |
|  |

Think about the people around you when you experience crisis. Are there behaviours or actions you take that might alarm others? Please describe.

|  |
| --- |
|  |
|  |
|  |
|  |

How do you feel about these behaviours? What would you like the people around you to understand about them? How would you like them to react? **What do you need to hear?** Also identify what can make the crisis worse: what you *don’t* what people to do. What do you need to do personally? Describe below

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |

Are there people in your life who are important to you (friends, children, partner)? Think about who they are, who you may want to be in touch with if you’re experiencing crisis, and where you might end up getting support other than in your home. List their information here.

|  |  |  |
| --- | --- | --- |
| **Name** | **Relationship** | **Phone Number** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Can you identify things that you’re not likely to talk about when you’re in crisis, or “code words” you may use?

|  |
| --- |
|  |

Are there people from this list who you would want consulted if there were any questions of “next steps” when you are in crisis? Name those people. Make sure their contact information is included in the list above.

|  |
| --- |
|  |
|  |

Is there any additional information that you would like people to know or consider when you’re in crisis? Is there anything else you need to remind yourself about when you’re in crisis?

|  |
| --- |
|  |
|  |
|  |
|  |

Consider and list any warning signs or triggers that may lead to crisis.

|  |
| --- |
|  |
|  |

List any supports such as doctor, counsellor, psychiatrist, etc.

|  |  |  |
| --- | --- | --- |
| **Name** | **Relationship** | **Phone Number** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Additional Notes: