

Personal Safety Plan to manage my anger / aggression

1. What sets me off? (triggers: people, events, situations, feelings)

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2. What are my early warning signs? (Physical signs, thoughts, emotions)

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3. Things I can do to settle myself: (leave, breathe, ice/cold, exercise, positive 'mantra'/image, etc)

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4. People I can ask for help: ('safe' people, family, friend, colleague, crisis line, counsellor, doctor, etc)

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5. What is a safe place for me when I am angry? (physical location or visualized location)

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6. What are the reasons that I want to keep my cool?

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7. Prevention strategies – what can I do ahead of time to be safe when I become angry?

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