

Distress Tolerance Crisis and Safety Plan

Core concept: Develop a plan to manage crisis and safety issues.

Begin to fill out this plan and continue to add to it as you learn more skills. Treat this plan as a "living" document: It needs to be continuously reviewed, practiced, and updated.

Make several copies and always know where to find your plan. It is hard to know what to do when you are in the heat of the moment. That is why you have a written plan.

Give copies to the people in your support system and discuss your use of the plan proactively. Again, practice, practice, practice----practice makes you prepared to be effective in life.

My Reasons for Managing Crisis Effectively and/or Staying Safe: List all of your priorities, goals, values, and people that matter to you. These are your "whys:"

My Strengths and Resources: List what you have going for you. Ask for help if you are unsure:

Warning Signs: These are the signals that you may be in crisis or unsafe or about to be in crisis or unsafe. Be as specific as possible. Look to your history for clues:

Feelings: Ask yourself what you are/were feeling before or during this time:

Thoughts: Ask yourself what you were thinking before or during this time:

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Behaviors: Ask yourself what you are/were doing and/or not doing before or during this time:

Sensations: Ask yourself what you are/were experiencing physically or In your body before or during this time:

Environment: Ask yourself what your environment is/was like and/or what is/was happening to your environment before or during this time:

Key Triggers: Ask yourself what sets off a crisis and/or being unsafe for you:

Barriers to Skill Use: List what will get in the way of using your skills and this plan and list the skills you will use to address each barrier:

Burn the Bridges: Write how you will remove the means to act on urges and be specific:

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Self-Care Skills to Use: List all of the ways you can care for yourself during this time:

Distress Tolerance Skills to Use: List specific behaviors:

My Personal Support System: List names and numbers of people/resources you can call, when they are accessible, and the specific interpersonal and other skills you will need to use these supports:

My Professional Support System: List names and numbers of people/resources you can call, when they are accessible, and the specific interpersonal and other skills you will need to use these supports:

My Medications and Dosages:

My Hospital of Choice:

My Commitment: I commit to practicing my plan proactively and during times of crisis. I further commit to be safe and call 911 or go to the hospital BEFORE acting on suicidal urges.

Signed by Client _____ Date: _____

Original to client; copy to chart