

# The Way Counseling Crisis Safety Plan

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## **Step 1: Warning signs**

*Be aware of thoughts, images, mood, situation, behavior that are signs/triggers a crisis may be developing:*

1.

Withdrawn

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2.

Isolation

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3.

Feeling worthless thoughts

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## **Step 2: Internal Coping Strategies**

*– Things I can do to take my mind off my problems without contacting another person (relaxation technique, prayer, physical activity):*

1.

Reading the Word

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2.

Prayer

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3.

Listening to Gospel music

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## **Step 3: What I can do**

*People and social settings that provide comfort from the crisis and/or distraction from the presenting "warning sign" behavior(s):*

1. Name Adriana Gomez

Phone \_\_\_\_\_

2. Name Pastor Marcos

Phone \_\_\_\_\_

3. Place Power of 12 Group

4. Place Church

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