

EMOTIONAL SAFETY PLAN

Our Codeword

Step 1: Notice the Signs & Signals

Step 2: Use the Codeword and set a Timer for 20
minutes

Step 3: Use Grounding or Coping Skills to help you regulate





Step 4: Self-reflection- what was your experience, your thoughts and feelings and what do you need

Step 5: Timer goes off and check-in, if one or more people need more time, start time again

Step 6: Timer goes off, share and repair

When... (just the facts from your perspective)

I thought...

I felt...

What I wish would have happened was...