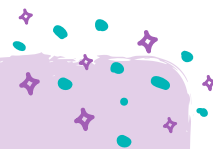


# My Self-Care Plan



## Step 1: My Emotional Experience

Triggers

Recurring Emotional Experiences

1



2



3



4



5



## Step 2: My Coping Skills



My Safe People

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

3. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

My Safe Places

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My Safe Activities

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Step 3: Did it work?



Notes about my Self-Care Plan:

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