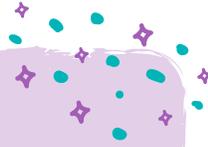


My Self-Care Plan



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

- _____
- _____
- _____

My Safe Activities

- _____
- _____
- _____

Step 3: Did it work?

Notes about my Self-Care Plan:



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