Creating Your Emotional Management Tool (Adapted from the Sanctuary Model)

**Step 1:** Identify which emotions are most difficult to manage for you. (Remember, there are often other emotions underneath what looks like anger: sadness, shame, frustration, etc.)

**Step 2:** Identify what types of situations are likely to trigger the emotion(s) you identified in step one. (i.e., being ignored, being asked to do more than your share, etc.)

**Step 3:** Identify the signs that you or those around you might notice when your emotions become overwhelming. (i.e., crying, pacing, fidgeting, scribbling, etc.)

**Step 4:** Identify 5 things that you can do to help keep yourself and those around you physically, emotionally, socially and morally safe. Some of them can/should involve other people or leaving the physical space you are in (get a hug, call a friend, make some tea/coffee, and take a walk). At least two should be things that you can do **on your own** and **without leaving** the physical space you are in. (i.e., deep breathing, squeezing your hands, counting tiles on the floor, etc.) **Transfer these five things to your safety plan card, which you will use as a physical reminder of coping skills that work for you in challenging times.**