



Journal:

Current Safety from Abuse

02

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A free downloadable (PDF) version of this journal can be found at www.MyTherapySession.com

Current Safety from Abuse

(video: 10 minutes)

Notes:

Foundation in safety

Am I in the midst of abuse?

Is my life currently in danger?

You deserve to be safe!

Abuse definitions/descriptions:

Help:

Social service agencies

Shelters

Therapists

Hospital

Police

Others

Discussion/Reflection:

Plan for safety:

Partnership

Legal advice

Pictures

Beware the "Cycle of Abuse"

Packet of information, explanation

Bag packed

Cash

Telephone numbers

Resume/CV

Discussion/Reflection:

MY WRITTEN PLAN FOR SAFETY

My Partner in the process will be:

I can get legal advice from:

I will get help from: (telephone numbers, people, etc)

Social service agencies:

Shelters:

Therapists:

Hospital:

Police:

Others:

Plan for my packet:

Pictures with descriptions

Instructions in the event of my disappearance/injury

Bag packed?

Cash

Resume/CV