



Journal:

# Safety Set

04

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## Safety Notes

### Choosing Life: Safety in Emotional Crisis

*(video: 16 minutes)*

My thoughts about coming to an emergency room or hospital in a crisis:

An emergency or crisis point for me would be:

Additional notes:

## *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

# Self-Harm

(video: 19 minutes)

## Overview

Coping behaviors but...relatively ineffective and non-enduring

**Is self-harm perhaps a problem?**

**Is it possible that you could do something about it?**

“Self” Development (*Self-Esteem and Goal Setting* track)

Step 1 - Stop the behavior  
(Will create tensions that will motivate you for finding other solutions)

Loss-

*Discussion/Reflection:*

Step 2 - Discern the origins of Self-Harm

- a. Making internal pain real
- b. Self-punishment
- c. Anger or violence toward your "Self"
- d. Dissociation
- e. Stimulation / thrill seeking
- f. Manipulation / way to get your needs met
- g. Suicide attempt
- h. Others (and primary factors discernment)

Discussion/Reflection:

Intervention possibilities:

[ ] *Loss module (2 part)*

1. Making internal pain real- *Abuse or Trauma tracks*
2. Self-Punishment- *Guilt and Shame Module (or Self-Esteem and Goal Setting track)*
3. Anger or violence toward your “Self”- *Anger module (3 part) (also part of Abuse or Trauma tracks)*
4. Dissociation- *“Self”-Development Primer (2 part) - (or Self-Esteem and Goal Setting track), DBT or other “Self” development offerings*
5. Stimulation / thrill seeking- *Self-Esteem and Goal Setting track or Addictions track*
6. Manipulation / way to get your needs met- *“Self”-Development Primer (2 part) - (or Self-Esteem and Goal Setting track), DBT or other “Self” development offerings, or Addictions track, or Assertiveness module (2 part), or Abuse or Trauma tracks*
7. Suicide attempt- *Safety presentation (Part of Self-Esteem and Goal Setting track)*
8. Others- Discuss with your therapist

Making the most of this symptom-