SAFETY TOOLS

1. GET HELP

2. INVESTIGATE FIRST

3. CONFRONT SELF

4. ACCOUNTABILITY

5. THINK BEFORE I REACT

6. COMMUNICATE WITH OTHERS

7. TALK ABOUT FEELINGS

8. POSITIVE SELF TALK

9. DON'T KEEP SECRETS

10. CONFRONT OTHERS

11. TREATMENT ASSIGNMENTS

12. RECREATION

13. PLAN FOR SAFETY

14. FIRE DRILL

15. FIRE ALARM

16. DAILY JOURNAL

Putting to use a fire drill in an actual high-risk situation.

Planning and physically practicing leaving a high-risk situation.

A well thought out written plan in order to keep yourself and others safe from potential high risk

Any physical activity that will benefit your treatment.

Assigned tasks or work to keep you on track in your treatment.

Aproposgrately, effectively, and assertively calling others on their behaviors and thinking errors.

Disclosing information that has not been shared before.

Talk that helps you maintain a positive self image.

Appropriately expressing your feelings to another.

Positive appropriate communication and interaction with others.

Slow down and investigate thoughts and feelings and then really before reacting.

Taking full responsibility for your actions, taking ownership.

Explore intrusions/motivations of your behaviors.
THOUGHT SHIFTS

32. A non-assertive response to expressing oneself positively.

ASSUMPTIONS

31. More real so you may better respond to a situation.

CRITS

29. Thinking of consequences before you do something inappropriate or harmful to others.

ACCOUNTABILITY LOG

28. A written assignment in which you take full responsibility for your actions, behaviors without support systems.

27. One word used to keep one in check who is in some part of his anger or sexual assault cycle.


25. Check boundaries in place and respecting those boundaries (both physically and mentally).

24. Communicating with at least two others in order to keep each other and others safe and on-task.

23. Take full responsibility for your actions, owning your own behaviors.

22. Don’t assume.


20. Slow down.

19. Role playing.

18. A statement on what you want to talk about before you talk about it.

17. Precaution.

16. Physically or mentally taking a break from a situation in order to gather yourself before returning to that situation.

15. One minute vacation.
43. WEIGH THE PROS & CONS

44. Create a table in drawing to express your thoughts/feelings.

45. JOURNAL BY DRAWING

46. Question: How will your actions affect the feelings of others?

47. THINK ABOUT FEELINGS

A written assignment that helps in the assistance of combining thinking errors, cognitive distortions.

42. COGNITIVE RESTRUCTURING TECHNIQUES WORKSHEET

Resolve a conflict or confrontation.

41. Huddle

The work that signals the bringing together of peers in order to lend support to a peer attempting to

40. REALITY CHECK

Check the reality validity of your thoughts/feelings process.

39. SELF-SET OUT

Effectively with the situation, and remaining to the group with the ability to appropriately process.

38. GOAL PLAN, DO CHECK

A written assignment to help you formulate a plan that will help you achieve your goal.

37. TROUBLESHOOT

Investigate and solve the problem at hand.

36. DO THE "CLUE"

"A written assignment to help you slow down and select the appropriate course of action.

35. S.O.R.E ASSIGNMENT

Ask advice from others then question their response for appropriateness.

34. SEEK FEEDBACK

Completely stop and delete an inappropriate thought.

33. STOP THOUGHT