

## MODEL CRISIS PLAN

When there is a particular risk that things will go wrong – in which situations?

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Which emotions are especially difficult for you (anger, sadness, anxiety, feeling left behind)?

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Do you have previous experience with doing something different in a situation so that you avoided the behaviour that the crisis plan is concerned with?

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What can you do in the future rather than engaging in the behaviour that the crisis plan is concerned with?

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Has anything that you have done before helped?

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## EXERCISES

What can you think of that might help you when you are just about to do what the crisis plan is about ?

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Have those thoughts helped you before?

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How do you control your emotions in other situations? What do you usually do when you are angry or upset?

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Who can you contact or ask for help when you are about to engage in the behaviour this crisis plan is about?

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What will I see in you, when you are about to engage in the behaviour? What can I do to help you?

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Are there others who need to know how they can see that it is about to go wrong?

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Where will you keep the crisis plan so that you use it?

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