



## **Personal Safety & Control Plan**

For moments when it feels like  
I'm close to doing something I might regret

**Purpose:** To help me pause, regain control, and choose safer options when emotions or urges take over

*This resource is designed to support you in managing difficult urges or moments when you feel overwhelmed.  
It's not a replacement for professional care.*

*The plan works best alongside [therapy](#) or other expert support.*

*Fill it when you're relatively calm.  
Keep it somewhere you can reach quickly when you need it.*

## How I Know I'm Slipping Out of Control

Early signs of distress

<b>Thoughts I notice</b>	<b>Feelings &amp; Sensations I notice</b>	<b>Behaviors that usually follow</b>
e.g. I don't care anymore	e.g. agitated/restless/hopeless/numb/etc.	e.g. excessive drinking/ignoring responsibilities/excessive texting/etc.

**Reminder:** Catching this early gives me more choices.

## Things I Can Do To Control The Urge

Distract, [ground](#), or soothe my system

<b>Sensory Grounding</b>	<b>Healthy Movement</b>	<b>Comforting Options</b>
e.g. splash cold water on face, slow breathing (inhale 4, exhale 8), sing my go-to song, etc.	e.g. stretch, walk around in open air, dance it out, etc.	e.g. fav show, cup of tea, hugs, etc.

**Reminder:** I don't have to fix anything right now. I just have to feel safer.

## People I Can Reach Out To

**Connect.** Don't isolate.

Person 1	(name)	(phone)
Person 2		
Person 3		

**What I can say:** Hey, I'm having a rough moment. I could use some company..

### When I Need Extra Support

If the urge feels too strong, or I'm losing control despite trying the steps above, I will reach out for urgent help.

Emergency Helpline 1 (TeleMANAS): 14416

Emergency Helpline 2 (TeleMANAS): 1800 891 4416

Local Doctor:

**Reminder:** Getting help is not a failure. It means I'm doing everything I can to protect myself.

*“While it is always best to believe in oneself,  
A little help from others can be a great blessing.”  
~ Iroh, ATLA*

Note: This resource is meant to support self-awareness and safer choices. It is NOT a replacement for therapy or crisis care.