

My Valentine's Safety Plan

What aspects of this holiday
are triggering for me?

- _____
- _____
- _____



What tools do I already have
to help manage triggers?

What can my partner do
to help create safety?

- 1 _____
- 2 _____
- 3 _____

What is my exit plan?

What boundaries do I
need for this holiday?

What is one truth I can cling to right now?

May the Father of mercies and God of all comfort, comfort you in all your affliction



Hope in the Havoc