

De-Escalation

FINDING WAYS TO CALM DOWN
IN INTENSE SITUATIONS

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CAN YOU IDENTIFY THINGS THAT MAKE YOU
EXTREMELY ANGRY OR UPSET?

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HOW DO YOU TYPICALLY ACT WHEN YOU
ARE FEELING ANGRY OR UPSET?

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WHAT ARE SOME STRATEGIES YOU CAN USE
TO CALM DOWN?

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Note

Your support system is responsible for being aware of the environment that may trigger intense emotions. YOU are responsible for calming yourself down.

Safety Plan

HOW I AM GOING TO CALM DOWN IN INTENSE SITUATIONS

THE THINGS THAT TRIGGER AN INTENSE REACTION FOR ME ARE:

WHEN I AM UPSET OR ANGRY, I CAN TALK TO THIS PERSON:

THE COPING STRATEGIES I CAN USE TO CALM DOWN ARE:

MY STEP BY STEP PLAN TO CALM DOWN IS:

- 1.
- 2.
- 3.
- 4.
- 5.