

My Somatic–CBT Safety Plan

1. Recognizing Early Body Signals

When I start to feel unsafe, I notice sensations like: _____

2. Naming the Thought and Emotion

The thought that comes up is: _____

The emotion underneath it is: _____

Distress level (1–10): _____

3. Grounding Through the Body

My go-to grounding practices are: _____

4. Anchor to the Present

Examples: “Right now, I am safe enough.” / “My body is reacting, but the danger is not here.”

5. Actions That Support Regulation

Three actions that help me regulate are:

1. _____
2. _____
3. _____

6. Support Network

People I can reach out to:

1. _____
2. _____
3. _____

Crisis Contacts:

Talk Suicide Canada: 1-833-456-4566

911 or nearest emergency department

7. Post-Crisis Reflection

I learned that my body was trying to tell me: _____

If you are in immediate danger or cannot keep yourself safe, call 911 or go to your nearest emergency department.

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