

MY SAFETY BLUEPRINT

I know when I am unsafe because I feel this:

Things that make me feel unsafe at home are:

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

My body's Red Flags are:

Red Flag 1

Red Flag 2

Red Flag 3

My Positive affirmations are:


I am

I can


I will

My Safe Space is:

I can call these important numbers if I am in danger:



My close planets are:



Why?