Personal Safety Planning Workbook

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

A printable reflection and practice resource

A Safety Plan That Fits Real Life

A flexible planning workbook for home, work, children, transportation, technology, pets, documents, medication, emergencies, staying, leaving, and changing circumstances.

Workbook 02

Safety, Advocacy & Recovery Education

Created by Michelle D. Elder, MSW, LMHC Free therapeutic-style education - not therapy, legal advice, medical care, or emergency response My Reflective Collective - Safety, Advocacy & Recovery Education Page 1 Before you begin This is a person-centered, trauma-informed workbook. You decide what to read, write, print, share, skip, or stop.

You do not need to prove that something is bad enough before seeking support. A worksheet should never be used to pressure someone to leave, stay, report, confront, forgive, remember more, or take legal action.

Immediate danger or medical emergency: call 911 in the U.S. or Canada. For suicide or mental-health crisis support in the U.S. or Canada, call or text 988. For relationship-abuse support in the U.S., contact the National Domestic Violence Hotline at 800-799-SAFE (7233), text START to 88788, or visit thehotline.org. Services, privacy practices, and emergency-response policies vary by location.

Technology safety: if someone may monitor your device, accounts, vehicle, home network, or location, use a safer device or location when possible. Private browsing and deleting history do not erase every record. Changing access or settings may alert a person who is monitoring you or erase evidence, so consider confidential technology-safety support before making changes.

This workbook provides general education, not legal advice, representation, investigation, diagnosis, psychotherapy, medical care, crisis response, or an individualized safety plan. Laws, court procedures, evidence rules, deadlines, confidentiality, and available remedies differ by place and situation. Consult a licensed attorney, legal-aid program, tribal legal service, court self-help program, or trained advocate for guidance that fits your circumstances.

Choice and pacing

- Keep your eyes open, work in short sections, use initials, leave blanks, ask an advocate to sit with you, or stop.

Store or dispose of completed pages only in ways that support safety. Do not investigate, confront, or test another person because of a worksheet.

What would help this feel safer or more manageable today? _____

_____

___ _____

_____ My Reflective Collective - Safety, Advocacy & Recovery Education Page 2 My support and safety page Write only what is safe to keep. Consider neutral contact names or an advocate's guidance if discovery is a _____

_____ _____

_____ concern.

Immediate emergency plan Confidential advocate or hotline Attorney, legal aid, or court self-help Medical or mental-health support Trusted person and code word Safer device or location Transportation, children, pets, language, or accessibility needs My Reflective Collective - Safety, Advocacy & Recovery Education Page 3

1. Safety planning is not a promise

A plan is a menu of possibilities, not a guarantee and not proof that you caused or failed to prevent harm. You may plan while staying, preparing, leaving, separated, co-parenting, dating, working, studying, or supporting someone.

What feels most urgent today? _____

_____ _____

_____ What choices must remain private? _____

_____ _____

_____ Who can help without taking over? _____

_____ _____

_____

2. Immediate danger

Identify exits, safer rooms, emergency numbers, nearby people, code words, and barriers. Avoid rooms with weapons or limited exits when possible. Consider disability, language, immigration, rural access, and transportation.

Pause point: If this section increases fear, confusion, dissociation, or urgency, stop. Orient to the date and place, move toward support, and use emergency or crisis services when needed.

Fastest safer exit or protected place Who can call for help A code word and what it means My Reflective Collective - Safety, Advocacy & Recovery Education Page 5

3. Home

- Consider doors, windows, lighting, locks, neighbors, building staff, cameras, spare keys, mail, deliveries, and routines. A visible change may increase risk, so plan with an advocate when possible.

Safer areas and exits Items that should remain accessible A low-visibility change that may help My Reflective Collective - Safety, Advocacy & Recovery Education Page 6

4. Work or school

Options may include reception, security, scheduling, parking escorts, contact screening, remote-work privacy, and documentation. Ask what can remain confidential before disclosing.

One person or office to contact Arrival and departure plan

What I consent to share

5. Children and dependents

- Use clear, age-appropriate, non-blaming plans. Children are not responsible for stopping violence. Teach how to reach help, where to go, and that their job is safety.

Words a child or dependent can understand Safe adult and location School, childcare, or medical records to review My Reflective Collective - Safety, Advocacy & Recovery Education Page 8

6. Transportation

- Consider fuel, transit cards, rides, keys, parking, routine changes, vehicle trackers, mobility equipment, and transportation for children or pets.

Two transportation options A pickup point that protects privacy What must travel with me

_____

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7. Technology

Plan for safer devices, account recovery, location settings, shared plans, smart-home devices, connected vehicles, cloud photos, and authentication. Preserve evidence before changes when safe and useful.

Accounts with shared access A safer email or device Who can advise before changes My Reflective Collective - Safety, Advocacy & Recovery Education Page 10

8. Pets and animals

Planning may involve records, medication, carriers, food, identification, veterinarians, trusted people, boarding, or survivor-pet programs. Avoid revealing a safe placement unnecessarily.

Temporary care options Records and supplies Safe transport plan

9. Documents, medication, and essentials

Possible copies include identification, insurance, court papers, immigration records, financial information, prescriptions, medical records, keys, cash, chargers, and accessibility supplies.

First 24-hour essentials Hard-to-replace items A safe storage option My Reflective Collective - Safety, Advocacy & Recovery Education Page 12

10. Staying and leaving

There is no single correct timeline. Leaving can be a process and may increase risk. Staying may reflect safety strategy, money, children, disability, culture, immigration, love, housing, or limited options - not consent to abuse.

What helps while I remain

Quiet preparation that may be possible What changes my emergency threshold

_____

_____ My Reflective Collective - Safety, Advocacy & Recovery Education Page 13

11. Review and adapt

Review after changes in threats, separation, court orders, housing, work, technology, health, pregnancy, children, transportation, or support.

Date to review Who can review with me One change I want now One-page action map

- Choose only steps that fit your safety, legal advice, capacity, culture, privacy, and real life.

_____

_____

What I know right now

What I want help understanding

Most urgent safety consideration One person or service I may contact A step from a safer device or place A step I am intentionally not taking yet Date to review Resources and scope guidance that fits your circumstances.

National Domestic Violence Hotline (U.S.) thehotline.org | 800-799-SAFE | text START to 88788 988 Suicide & Crisis Lifeline Call or text 988 in the U.S. or Canada Emergency services Call 911 for immediate danger or medical emergency in the U.S./Canada WomensLaw womenslaw.org - U.S. legal information and referrals Legal Services Corporation lsc.gov - U.S. civil legal-aid finder NNEDV Safety Net techsafety.org - technology-safety education 211 211.org - community-resource connections in many areas Copyright and

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If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible.

_____
_____ Privacy and safer searching If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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