

Crisis Plan

1. Which crisis or "hole" is this plan for? What problematic feelings, thoughts, behaviours/maladaptive coping mechanisms/part/selves are present or active when I'm in this hole?

- | | | |
|---|--|---|
| <input type="checkbox"/> anxiety/panic/flight | <input type="checkbox"/> dissociation | <input type="checkbox"/> withdrawing/running away |
| <input type="checkbox"/> fight/anger | <input type="checkbox"/> impulsive behaviour | <input type="checkbox"/> thinking of/hurting myself |
| <input type="checkbox"/> grief | <input type="checkbox"/> illegal behaviours | <input type="checkbox"/> thinking of/hurting others |
| <input type="checkbox"/> despair/giving up | <input type="checkbox"/> behaviours I later regret | <input type="checkbox"/> other specify: _____ |
| <input type="checkbox"/> problems with boundaries | <input type="checkbox"/> addictive behaviour | _____ |

2. What might trigger getting into this crisis/hole?

- | | | |
|---|---|--|
| <input type="checkbox"/> something I perceive others saying/doing | <input type="checkbox"/> certain things in my environment | <input type="checkbox"/> other/describe: _____ |
| <input type="checkbox"/> contact with certain people | <input type="checkbox"/> times of the day/year | _____ |
| <input type="checkbox"/> anniversaries | <input type="checkbox"/> being tired/stressed/not caring for myself | _____ |

3. What other thoughts/feelings/behaviours are typical for me in these crisis/holes?

4. What are the things I or others do that tends to make these crisis/holes worse?

Applying Crisis Plan

5. Am I in a crisis/hole right now?
6. Am I doing anything that is making the crisis/hole worse? If yes, how do I hit the "pause button"?
7. Once I hit the pause button, I will try to follow steps to lower my activation/distress. I will resort to the next step only after trying the previous one unsuccessfully.

Step 1. Things I can do on my own to lower my activation/distress:

Step 2. Non-mental health professionals that may be helpful in helping lower my activation/distress and who I have briefed (Who are they? How do I reach them? What do I say to them?).

Step 3. Is there an "as needed" medication that might help me? (What medication and what dosage?).

Step 4: Professional resources that might be helpful in lowering my distress. (Who? How do I reach them? Times available? What do I say?).