

DID/ OSDD Safety Plan

Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing.

Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity).

Internal communications with other parts (i.e., who is feelings what emotions or thinking?)

Is there any self harm? (If/when I intentionally/unintentionally harm myself or I find evidence that harm has been done to my body (i.e. cutting, scratching, burning, etc.) during a dissociative state, I will tell at least of the following people and I understand that those people will then tell the other people mentioned below for the sake of my coordinate care and well-being.

People and social settings provide distraction.

People whom I can ask for help.

Professionals or agencies I can contact during a crisis.

How can I make the environment safe? (i.e., turn the ringer down on the phone, dim the lights or turn lights brighter, music, comfort item).

Agreement parts (if no dissociative parts, then write, self).

Things to do:

Draw

Creative writing

Take some photos

Sing to music as loud as you can

Put on feel-good music

Make a memory box or scrapbook

Watch a film or TV series

Read a Book

Play a computer game that absorbs your mind

Write a list of all the places in the world you would like to go

Fast-paced walk

punching bag

Run

Meditate

Dance

Swim

Exercise class

Design your dream house

Think about what car you will want to drive

Plan all the things you want to achieve

Write a diary/journal

Have a bubble bath or shower

Stay in bed

Use aromatherapy oils

Eat something enjoyable

Have an emergency box with whatever helps you cope

Massage your hands/arms/feet

Pet an animal or cuddle a teddy

Have a cup of tea

Rock or hug yourself

Hold ice in your hand for as long as you can

Rub ice on the area you might want to self-harm

Draw or write on the areas of your body you want to harm

Write words about yourself

Cry

Hit a cushion against a wall or bed

Tear up newspapers, phone books, or magazine

Useful tip: spend time in the presence of others (i.e., sitting in the same room). Minimize isolating yourself or spending time on your own

Urge Surfing: the urge to self-harm, self-destructive behaviors, or other bodily urges builds up over time. It is helpful to imagine this as a wave on the ocean. Once it reaches its full height and power, it recedes. Imagine yourself surging that wave, waiting for the wave to break. Allow yourself time and space to allow the wave to peak and experience it fading away.