

## Creating Your Emotional Management Tool (Adapted from the Sanctuary Model)

**Step 1:** Identify which emotions are most difficult to manage for you. (Remember, there are often other emotions underneath what looks like anger: sadness, shame, frustration, etc.)

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**Step 2:** Identify what types of situations are likely to trigger the emotion(s) you identified in step one. (i.e., being ignored, being asked to do more than your share, etc.)

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**Step 3:** Identify the signs that you or those around you might notice when your emotions become overwhelming. (i.e., crying, pacing, fidgeting, scribbling, etc.)

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**Step 4:** Identify 5 things that you can do to help keep yourself and those around you physically, emotionally, socially and morally safe. Some of them can/should involve other people or leaving the physical space you are in (get a hug, call a friend, make some tea/coffee, and take a walk). At least two should be things that you can do on your own and without leaving the physical space you are in. (i.e., deep breathing, squeezing your hands, counting tiles on the floor, etc.). **Transfer these five things to your safety plan card, which you will use as a physical reminder of coping skills that work for you in challenging times.**

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