

Personal Emergency Plan

Plan for: _____
Name

Here are some possible emergencies that I want to be prepared for:

I
If one of these emergencies happens, this is how I will help myself cope:

⇒ **DO the following:**

___ Think things through.

___ Cool down by:

___ Distract myself with:

Physical activity. What kind? _____

Doing something relaxing. What? _____

Media (music, book, magazine, TV, movies).

Which media? _____

Something creative (writing, art, dance). Which one(s)? _____

Ask or call someone for help

Helpful People

Who	Phone Number

⇒ **DON'T DO the following:**

___ Use drugs or drink alcohol

___ Act without thinking.

___ Get overemotional.

___ Isolate myself and/or stay away from people who care about me.

___ Stay in a high-risk situation

If the emergency involves a relapse to drug or alcohol use, the following steps will help me stop using:
