

# *Safety Planning*

My personal long-term goals include:

I will defend myself because:

Because I have a future in mind with goals and plans, and because I assume the right to live free from violence, I am willing to defend and keep myself safe in these ways:

I know at least these three ways to keep myself safe while doing routine activities (such as dating, walking, doing laundry, taking the bus, etc.):

These are some of the ploys that an assailant may use to get access to me:

These actions can be used to test my boundaries:

These are some forms of isolation:

I know at least these 3 verbal self-defense techniques I can use with a stranger:

I know at least these 3 psychological self-defense techniques I can use with a stranger:

I know at least these 3 physical self-defense techniques I can use with a stranger:

I know at least these 3 verbal self-defense techniques I can use with an acquaintance:
I know at least these 3 psychological self-defense techniques I can use with an acquaintance:
I know at least these 3 physical self-defense techniques I can use with an acquaintance:
I know at least these 3 verbal self-defense techniques I can use with a close friend or intimate:
I know at least these 3 psychological self-defense techniques I can use with a close friend or intimate:
I know at least these 3 physical self-defense techniques I can use with a close friend or intimate:
If I were to do something involving a higher risk, I can take these additional safety measures:
Who are my personal resources? Who among my family and friends can I talk to if I feel unsafe, threatened, in danger, or have been hurt/assaulted?
What community resources are available? What social services or advocacy groups can I contact for help?

*Additional copies of this document can be downloaded as a PDF file  
at <http://www.StrategicLiving.org/SafetyPlan.pdf>*