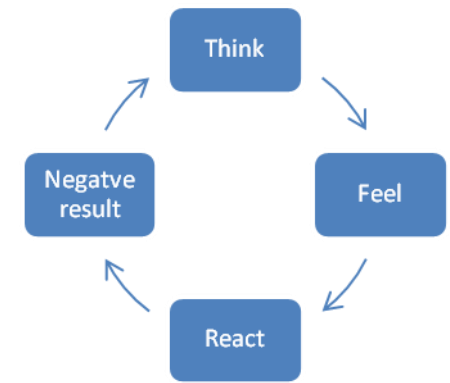


## Crisis Management Plan

Complete the form below to help you change the way you currently react to distressing situations. Write down the thoughts you often have in column one, how you normally react in column two, then use the next three columns to help you make positive changes.

For the last column, remember to discuss with others if you would like them to take an agreed action.



| Stages of cycle    | What I do now                          | What I will do | Things that could help | Agreed actions of others |
|--------------------|--|----------------|------------------------|--------------------------|
| Think:             | Situations when this might happen      |                |                        |                          |
| Feel:              | Times when I might feel like this:     |                |                        |                          |
| React impulsively: | What I do when this happens:           |                |                        |                          |
| Negative result:   | Examples of things that have happened: |                |                        |                          |