

THE CRIDGE TRANSITION HOUSE FOR WOMEN

SAFETY PLAN

Part B. Emotional Safety Plan

Developed by the PEEL Committee Against Women Abuse, 2006

www.pcawa.org

The experience of being abused and verbally degraded by partners is usually exhausting and emotionally draining. The process of surviving and building a new life requires much courage, and incredible energy. To conserve your emotional energy, and to support yourself in hard emotional times, there are a number of things you can do:

- Attend as many Crisis Counselling group sessions as you can.
- Become involved in community activities to reduce feeling isolated.
- Take a part-time job to reduce isolation and to improve your finances.
- Enroll in school to increase your skills.
- Join support groups of other women to gain support and strengthen your relationships with other people.
- Take time for yourself to read, meditate, play music, etc.
- Spend time with people who make you feel good and provide support.
- Take part in social activities, e.g. movie, dinner, exercise.
- Take care of your sleep and nutritional needs.
- Keep a personal journal to write about your feelings, especially when you are feeling low or vulnerable. Keep it in a safe place or destroy it.
- Take time to prepare yourself emotionally before entering stressful situations like talking with your partner, meeting with lawyers, or attending court.
- Try not to overbook yourself - limit yourself to one appointment per day to reduce stress.
- Be creative and do whatever makes you feel good.
- Write something positive about yourself everyday - your own personal affirmations.
- Try not to find your comfort in excessive use of alcohol or food – both of these things can often increase your depression.
- Avoid excessive shopping and impulse buying.

- Join a health club or start an exercise program. It will increase your energy level and increase your sense of well being.
- It's OK to feel angry, but find positive and constructive ways to express your anger.
- Remember that you are the most important person to take care of right now.