



My crisis management plan

Understand the cycle • interrupt the pattern • bring in support

Complete this while relatively settled. Notice the usual cycle, then plan the smallest safer response and the support another person can offer.

Stage	What happens now	What I will try	What may help	Support from others
TRIGGER	Situations, memories, demands or changes 	Pause and name what happened 		
THOUGHTS	Images, meanings or predictions 	Check facts; widen the picture 		
FEELINGS / BODY	Emotions, sensations and intensity 	Ground; reduce stimulation 		
URGES / ACTIONS	What I do, avoid or feel pulled to do 	Delay; move to safety; connect 		
AFTERMATH	What tends to happen next 	Repair, rest and review 		

My urgent action if the cycle is escalating

Contact: _____ Safer place: _____ NHS 111 for urgent help. If I cannot keep myself safe: 999 / A&E.