#### **1. Personal Triggers:**

Identify the situations, emotions, or environments that can trigger eating disorder behaviors.

* **Emotional triggers** (e.g., stress, anxiety, sadness)
* **Social triggers** (e.g., family gatherings, peer pressure, weight talk)
* **Environmental triggers** (e.g., mirrors, scales, specific locations like gyms)

**List of my triggers:**

#### **2. Early Warning Signs:**

Recognize the early signs that indicate you are struggling or heading toward a relapse.

* Preoccupation with food, weight, or body image
* Skipping meals or restricting
* Excessive exercise or compulsive behaviors
* Self-isolation or avoidance of social situations

**My warning signs:**

#### **3. Coping Strategies:**

Develop healthy ways to cope when faced with triggers or warning signs. These should be alternatives to eating disorder behaviors and help regulate emotions.

* **Grounding techniques** (e.g., deep breathing, mindfulness)
* **Distraction activities** (e.g., art, journaling, watching a favorite show)
* **Self-soothing methods** (e.g., taking a bath, listening to calming music)
* **Reach out to a support person**

**My go-to coping strategies:**

#### **4. Safe People to Call:**

Identify a list of trusted people you can contact when you're struggling, including friends, family, therapists, or helplines.

* **Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Phone**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Phone**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Phone**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### **5. Emergency Contacts and Resources:**

In case of an emergency or crisis, having the right contacts at hand can save valuable time.

* **Therapist Name & Contact**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Primary Doctor**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Crisis Helpline**: 1-800-273-8255 (or local crisis number)
* **National Eating Disorders Association (NEDA) Helpline**: 1-800-931-2237

#### **6. Self-Compassion Statements:**

Include affirmations or statements that promote self-kindness, which can help reduce negative self-talk and boost confidence during difficult moments.

* **Examples**:
  + "My worth is not defined by my appearance or food choices."
  + "I am capable of recovery, even when it feels hard."
  + "I deserve nourishment and self-care."

**My personal self-compassion statements:**

#### **7. Long-Term Goals:**

List the reasons you want to recover and your long-term goals related to health, relationships, and personal happiness. This can act as a motivator to stick to the safety plan.

#### **8. Relapse Prevention Plan:**

Outline what steps to take if you find yourself slipping back into old behaviors.

* **Step 1**: Recognize the signs of relapse
* **Step 2**: Call a therapist or support person
* **Step 3**: Use coping strategies from section 3
* **Step 4**: Revisit meal plan or adjust with professional support
* **Step 5**: Practice self-compassion and reaffirm your commitment to recovery