My safety plan - toolkit

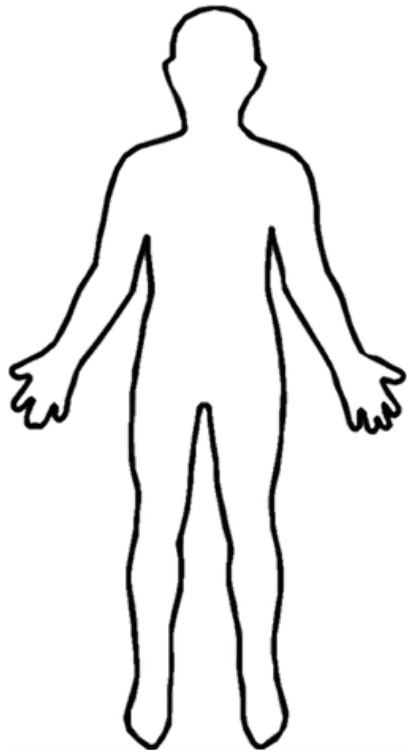
Emotion chart

The chart below shows groups of emotions to help you identify how you are feeling and to communicate this with others so that they can support you.

Angry	Sad	Nervous	Calm	Happy
Furious	Mournful	Shy	Focused	Pleased
Enraged	Depressed	Scared	Peaceful	Satisfied
Irritated	Lonely	Confused	Restful	Grateful
Livid	Hurt	Worried	Relaxed	Positive
Furious	Upset	Insecure	Refreshed	Hopeful
Aggravated	Disappointed	Weak	Comfortable	Proud
Cross	Vulnerable	Threatened	Still	Playful
Frustrated	Guilty	Stressed	Content	Confident

My body

Sometimes you feel emotions in your body. You can use the image below to mark where in your body these are.



Intensity scale

It can be useful to track the intensity of your feelings. You can label the scale with whatever makes most sense to you.