

'SAFE' WORKSHEET

● S — SITUATION (Describe what happened objectively)

Example: "At the park, observed a parent scolding their child"

Your situation:

● A — AUTOMATIC THOUGHTS

(What judgments came to mind about yourself or others?)

Example: "This person is a bad parent"

Your thoughts:

● F — FEELINGS

Physical Feelings?

(increased heart rate, tension, tightness, uneasiness)

Where in your body?

Intensity: ● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10

● E — EMOTION

Emotions - Which emotions?

(sad, angry, confused, anxious, worried, frustrated)

Intensity: ● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10



Date Completed:

'SAFE' WORKSHEET

● ACTION

Action Urge

What did you want to do?

Example: "Felt like intervening"

Intensity: ● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7 ● 8 ● 9 ● 10

Action Taken

What did you actually do?

— Notes & Reflections:
