

'SAFE' ACTION WORKSHEET

● S – SITUATION (Describe what happened objectively)

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

Your situation:

● A – AUTOMATIC THOUGHTS

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

Example: "This person is a bad parent"

Your thoughts:

➤

➤

➤

➤

● F – FEELINGS

(increased heart rate, tension, tightness, uneasiness)

Where in your body?

➤

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

● E – EMOTION

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

Which emotions?

Which emotions?

➤

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

'SAFE' WORKSHEET

● ACTION – Action Urge

Example: "Felt like intervening"

What did you want to do?

➤ _____

➤ _____

➤ _____

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

– Action Taken

What did you actually do?

➤ _____

➤ _____

➤ _____

➤ _____

– Notes & Reflections

➤ _____

➤ _____

➤ _____

➤ _____

Date

Completed: