

## Signs of Danger versus Safety

*Listen to the messages your behavior is sending you!*

★ What are your red and green flags? Check off below:

🚩 Red Flags 🚩	🟢 Green Flags 🟢
Danger	Safety
Isolation ✓	Spending time with supportive people.
Not taking care of my body (food, sleep)	Taking care of my body ✓
Fights with people ✓	Able to get along
Too much free time	Structured schedule ✓
Destructive behavior ✓	Behavior under control
Feel stuck	Feel I'm moving forward ✓
Lying	Honesty
Negative feelings acted out	Negative feelings expressed in words ✓
Canceling treatment sessions	Attending all treatment regularly ✓
Stop taking medications as prescribed (either too much or too little)	Taking medications as prescribed ✓
Passive ("Why bother?")	Active coping ✓
Cynical/negative	Realistic/positive ✓
Not fighting PTSD symptoms (e.g., dissociation, self-cutting)	Fighting PTSD symptoms (e.g., grounding, rethinking, etc.) ✓
Not learning new coping skills	Learning new coping skills ✓
Become physically sick	Stay physically healthy ✓
Believe treatment is unnecessary ✓	Believe treatment is necessary
Spend time with people who use	Spend time with "clean" people.
Cannot hear feedback ✓	Listen to feedback ✗
Too much responsibility ✓	Appropriate responsibility
Think people are trying to make me look and feel bad ✓	Feel okay around people
Stop caring; stop trying	Care and try ✓
Arrogant euphoria	Realistic concern ✓
Absent from work or school	Attend work or school ✓

(cont.)

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## Loving Kindness

Due Date: 11/22/15 Name: Emm Week Starting: ← 3

Check off the types of loving kindness mindfulness practices you did this week. Write out descriptions of two different times when you practiced loving kindness. Use the back of this worksheet if more space is needed.

To myself    To a loved one    To a friend    To someone I was angry with  
 To a difficult person    To an enemy    To all beings    Other: \_\_\_\_\_

Describe the script you used (i.e., the warm wishes you sent):

1. tolerance
2. st
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Check if practicing loving kindness has increased any of the following, *even a little bit* toward this person:    Feelings of warmth or caring    Love    Compassion  
 Feelings of connection    Wisdom    Happiness    Sense of personal validity

Describe how the skill helped or did not help you become more compassionate: \_\_\_\_\_

To myself    To a loved one    To a friend    To someone I was angry with  
 To a difficult person    To an enemy    To all beings    Other: \_\_\_\_\_

Describe the script you used (i.e., the warm wishes you sent):  Same as above (check if correct).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Check if practicing loving kindness has increased any of the following, *even a little bit* toward this person:    Feelings of warmth or caring    Love    Compassion  
 Feelings of connection    Wisdom    Happiness    Sense of personal validity

Describe how the skill helped or did not help you become more compassionate: \_\_\_\_\_

List any and all wise things you did this week: \_\_\_\_\_