**Suicide Safety Planning & the CBT Triangle Example**

**Triggering Situation (s) & Associated Distress**
- At home alone, feeling lonely
- Argument with spouse, feeling angry and distraught

**Suicidal thinking**
“I wish I was dead; If I was dead, I wouldn’t have to suffer with this anymore”

**Emotions associated with suicidal thinking**
- Feeling words: Relief (escape-related); anxiety (fear of dying); sadness
- Sensations in my body: Reduced tension (escape); heavy

**Suicidal behavior**
- Planning ways to kill myself

**Safety Plan: Cognitive & Behavioral Coping**

**Cognitive coping**
“I feel bad now, but this will pass.”

**Any change in the intensity of the old emotion(s)?**
Rate: 1—2—3—4—5—6—7—8—9—10
Rate: 1—2—3—4—5—6—7—8—9—10
Rate: 1—2—3—4—5—6—7—8—9—10

**Behavior coping**
- Call my friend to talk, which will distract me from my feelings

**Is there a new emotion associated with new thinking/behavior?**
- Feeling word: Hope
- Sensations in my body: ________

Rate: 1—2—3—4—5—6—7—8—9—10