

**SUICIDE SAFETY PLANNING & THE CBT TRIANGLE**

**EXAMPLE**

Triggering Situation (s) & Associated Distress

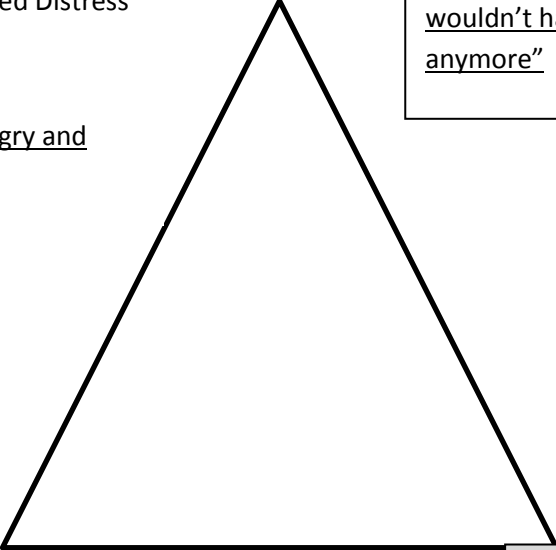
At home alone, feeling lonely

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



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

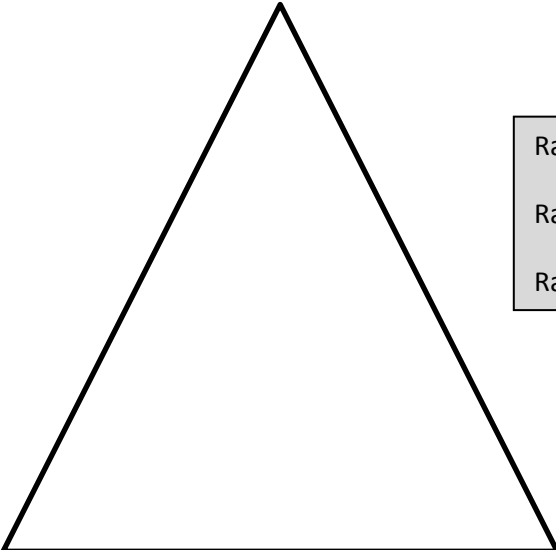
Safety Plan: Cognitive & Behavioral Coping

**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