# Plan for a difficult moment

DBT skills in individual counseling

Complete this while you are able to plan, with your counselor. Pick a brief way to get through an urge or intense feeling without adding harm. A coping pause is a bridge to the next useful action.

Example: During a tense conversation, I ask for a short break, move to a safe quiet place, and agree on when to return if it is safe.

## 1. Early signs and the urge I want to respond to

What tells me it is time for a pause?

## 2. My first safe pause

What can I put on hold briefly? What safe place can I use?

## 3. One manageable action for the pause

For example, notice nearby objects, use a familiar calming activity, or take a brief safe walk.

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### 4. Support I can reach and a backup

A trusted person or agreed service. Do not assume my counselor is available immediately.

### 5. How and when I will return to the next useful step

What needs attention after the pause? If it is unsafe, seek support instead.

### 6. What I want to review in counseling

What worked, what got in the way, and what needs changing?

This is not a crisis safety plan or a withdrawal plan. If there is immediate danger or you may act on an urge to harm yourself or someone else, seek urgent help now and use your agreed crisis plan; do not wait to finish this sheet.

Educational practice, not a complete treatment plan