

SAFETY PLANNING ROLEPLAY

Strengthening clinical approaches in suicide prevention

Answer the following questions to develop a roleplay outline based on a time in your life **in the past** (that you feel comfortable using for this purpose) when you felt depressed, overwhelmed or experienced some form of crisis.

1. What was going on in your life during this period that you felt depressed or overwhelmed?
2. What were the emotions you experienced and the thoughts going through your head?
3. How did those thoughts and feelings impact your daily life? work? relationships?
4. What were you thinking and feeling that you felt those around you did not understand?
5. What did the people closest to you say or how did they respond that made you frustrated/angry?
6. What were you thinking and feeling that you had trouble expressing?
7. What else was going on in your life that complicated matters and/or made the situation worse?
8. What were your worst fears regarding what you thought could/might happen?
9. What did you think or feel that you would not admit to yourself or anyone else?