Gabriella Grant Consulting, Inc.

Safety Planning Prompts

Do you feel safe speaking to me today?

Do you feel safe returning home today?

What is the safest choice for you today?

Do you have a safe person in your life to speak to today?

Given what's happened to you, how does that continue to affect you nowadays?

Would a safety plan help you through this situation?

May I give you local resources connected to your safety?

Trauma Informed California

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