



Voices
Against
Violence

SAFETY PLANNING

EMOTIONAL CONSIDERATION

Often, the emphasis is placed on planning around physical safety, but it's important to consider your emotional safety as well. Emotional safety can look different for different people, but ultimately it's about developing a personalized plan that helps you feel accepting of your emotions and decisions when dealing with abuse. Below are some ideas for how to create and maintain an emotional safety plan that works for you.

SEEK OUT SUPPORTIVE PEOPLE

A caring presence such as a trusted friend or family member can help create a calm atmosphere to think through difficult situations and allow for you to discuss potential options.

IDENTIFY AND WORK TOWARDS ACHIEVABLE GOALS

An achievable goal might be calling a local resource and seeing what services are available in your area, or talking to one of our advocates at VAV's Helpline: 208-733-0100. Remember that you don't have to do anything you aren't comfortable with right now, but taking small steps can help options feel more possible when you are ready.

CREATE A PEACEFUL SPACE FOR YOURSELF

Designating a physical place where your mind can relax and feel safe can be a good option when working through difficult emotions that can arise when dealing with abuse. This can be a room in your house, a spot under your favorite tree, a comfy chair by a window, or in a room with low lights.

REMINDE YOURSELF OF YOUR GREAT VALUE

You are important and special, and recognizing and reminding yourself of this reality is so beneficial for your emotional health. It is never your fault when someone chooses to be abusive to you, and it has no reflection on the great value you have as a person.

REMEMBER THAT YOU DESERVE TO BE KIND TO YOURSELF

Take time to practice self-care every day, even if it is only for a few minutes, really creates space for peace and emotional safety. It's healthy to give yourself emotional breaks and step back from your situation sometimes. In the end, this can help you make the decisions that are best for you.