

Crisis Management Plan

Use the table below to help you change your reactions to distressing situations. For each of the stages in the cycle, describe your usual thoughts in the first column, and how you usually react in the second column. Use the remaining columns to help create positive changes.

Remember to discuss with others any actions you would like them to take to support you.

Stages of Cycle	Pattern	What I will do	Things that could help	Support from others
Think:	When do I tend to get distressed?			
Feel:	When do I tend to feel this way?			
Impulsive reactions:	What do I usually do?			
Negative result:	What happened?			