UNITY PATH
FAMILY SUPPORT

EMERGENCY *Emotional Planner*

When I receive a difficult phone call...

Having a plan helps me stay calm, set boundaries and take care of myself before I react. I can't always control the call, but I can control how I respond.

STEP 1: PAUSE

Before I speak, I will...

- Take a deep breath.
- Remind myself I don't have to fix this.
- Stay calm and listen without reacting.

STEP 2: SET A BOUNDARY

I will remind myself...

- I can listen without solving.
- I am not responsible for their choices.
- I can end the call if it becomes hurtful or unsafe.

STEP 3: CHOOSE MY RESPONSE

I will...

- Speak with calm and respect.
- Use my boundary scripts.
- Keep the conversation short and focused.

STEP 4: TAKE CARE OF ME

After the call, I will...

- Do something that calms me.
- Release what I can't control.
- Remind myself: I am doing the best I can.

WHO I CAN CONTACT FOR SUPPORT

Name: _____
Phone: _____

Name: _____
Phone: _____

Crisis Line / Helpline: _____
Phone: _____

Support Group / Program: _____
Phone / Info: _____

WHAT HELPS ME CALM DOWN

I will choose one or more:

- ☐ Deep breathing
- ☐ Go for a walk
- ☐ Listen to music
- ☐ Pray / meditate
- ☐ Write in my journal
- ☐ Call a supportive person
- ☐ Spend time in nature
- ☐ Take a warm shower
- ☐ Read a book
- ☐ Other: _____

GENTLE REMINDERS

- I did not cause their addiction.
- I cannot control their choices.
- I can love them and still protect my peace.
- I matter too.

MY PERSONAL PLAN

My intention: _____

My boundary I want to remember: _____

What I need most right now: _____

I choose peace one step at a time.

I can't control everything, but I can control how I care for myself.

You are not alone. You matter. Your peace matters. — www.unitypathfamilysupport.ca