

RED

I fear for my own safety when:

The person/people I fear the most:

Other people I feel may be hurt by this person:

How they worry hurt or frighten me:

Consider: Psychological/Physical/Sexual/Financial/Emotional/Controlling

AMBER

The things that are getting worse:

What do I do to protect myself (and others):

GREEN

What I think needs to change to make me feel safer:

What Steps I could take to make me feel safer:

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