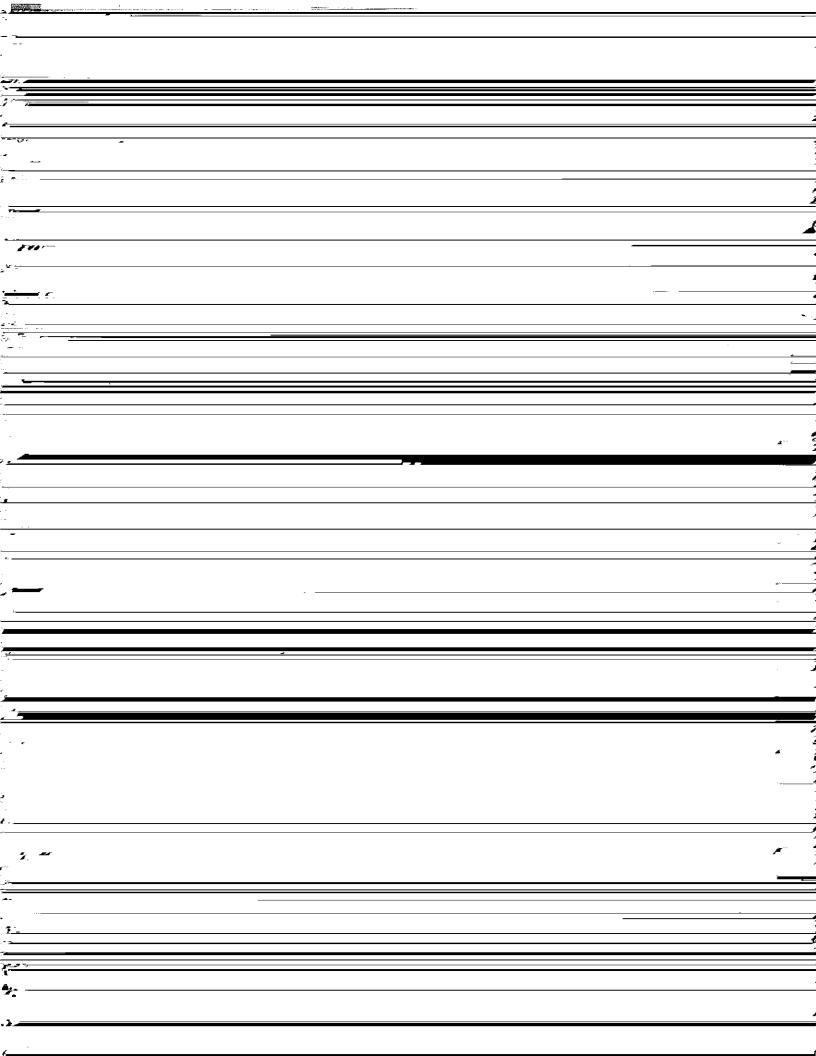
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HANDOUT 1 (page 2 of 2)	Red and Green Flags	
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Create a Safety Plan

★ Fill in the safety plan using the following as an example:

Mild Danger (starting to show distress)

- Eating poorly
- Missing occasional treatment sessions
- Getting cynical and negative

What I Will Do to Stay Safe

- Increase AA to three times a week
- Tell therapist what I'm feeling
- Call my friend Pat and talk with her

Key Points about Red and Green Flags

Signs that you are in ometional all-the red flags are	
signs that you are in ometional district.	
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