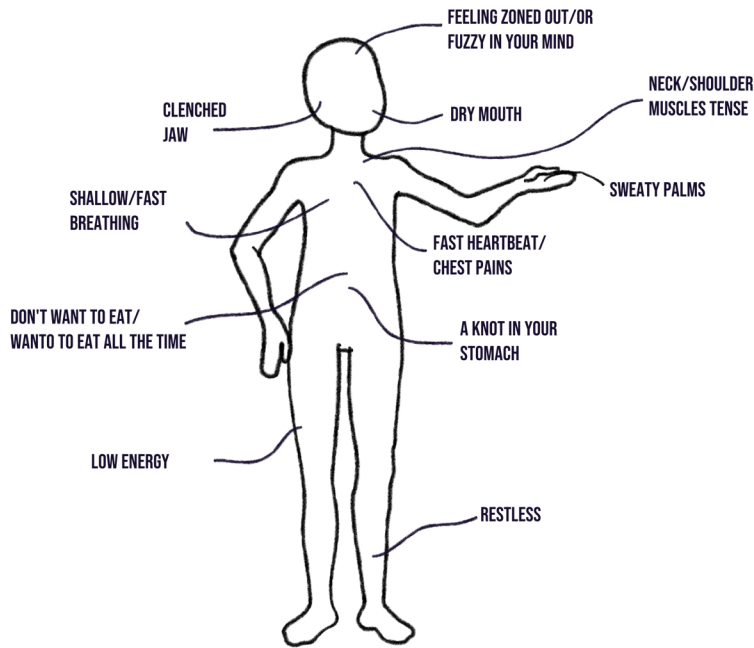


PERSONAL INTERVENTION PLAN

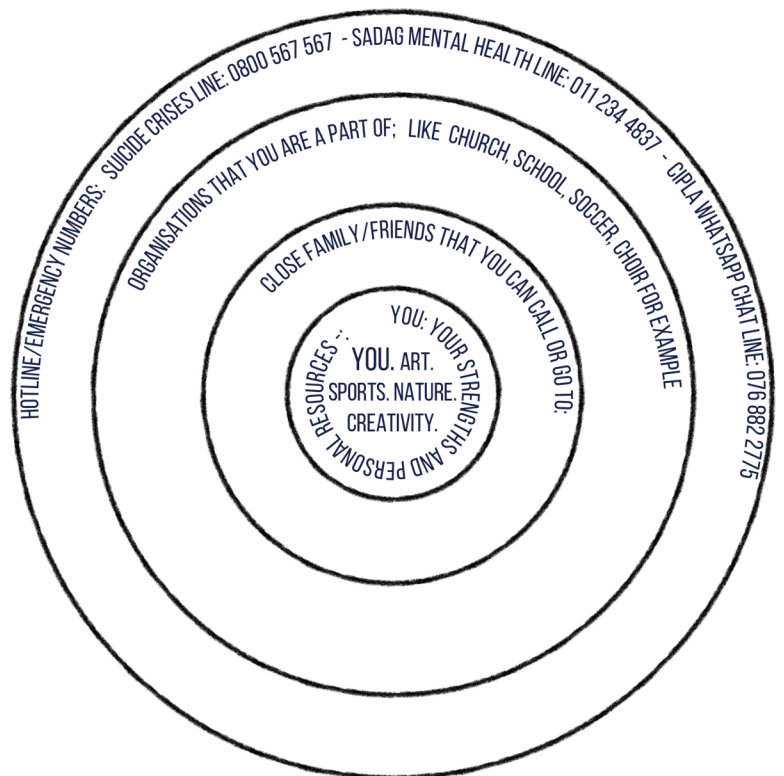
SIGNALS FROM YOUR BODY THAT YOU ARE IN CRISIS.



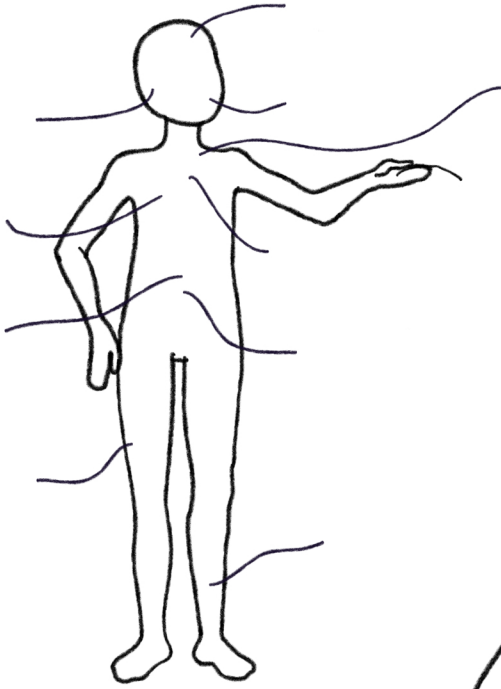
WHEN YOU ARE IN CRISIS IT IS VERY DIFFICULT TO THINK CLEARLY OR TO COMMUNICATE HOW YOU ARE FEELING. SOMETIMES YOU MIGHT NOT EVEN REALIZE THAT YOU ARE IN CRISIS, BUT YOUR BODY HAS MANY WAYS OF LETTING YOU KNOW THAT YOU NEED TO FIND SUPPORT.

CIRCLES OF SUPPORT.

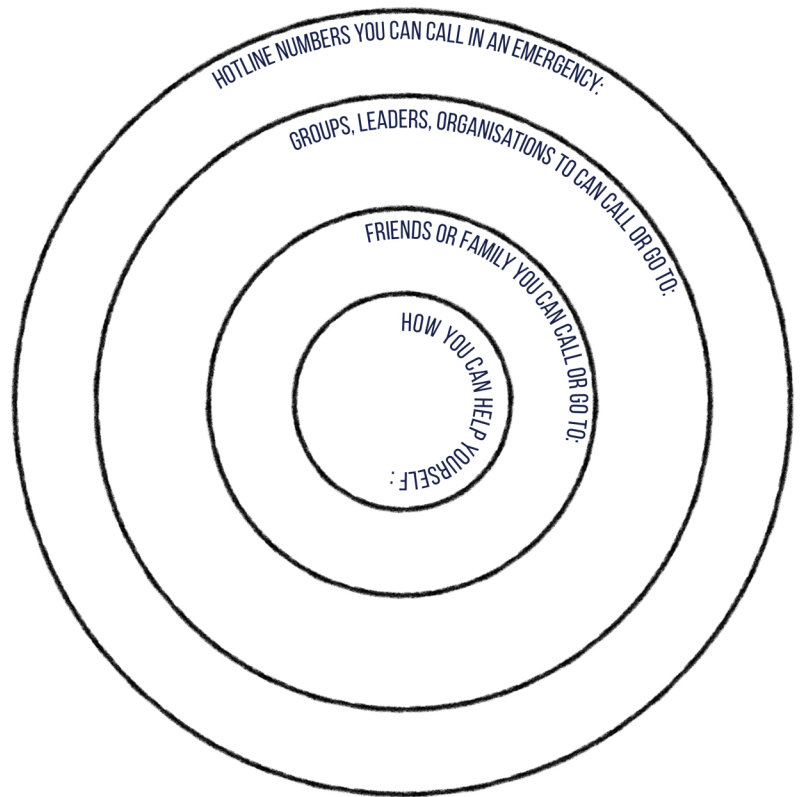
WHEN WE ARE IN CRISES IT IS IMPORTANT TO ASK FOR HELP. SOMETIMES YOU WILL BE ABLE TO HELP YOURSELF BY USING THE TECHNIQUES THAT WE EXPLORED IN THE BEGINNING OF THE JOURNAL TO COME BACK TO A "SAFE SPACE". SOMETIMES YOU WILL NOT BE ABLE TO BRING YOURSELF BACK TO A "SAFE SPACE" AND THEN IT IS VERY IMPORTANT THAT YOU ASK FOR HELP FROM PEOPLE THAT YOU CAN TRUST. PEOPLE ARE NOT BUILT TO GO THROUGH HARDSHIP ALONE, WE ARE DESIGNED TO LIVE IN CIRCLES OF SUPPORT – WHERE OTHERS CAN BE STRONG AND WISE WHEN YOU ARE FEELING WEAK AND CLUELESS; BECAUSE THE DAY WILL COME WHEN YOU WILL BE STRONG AND WISE FOR SOMEONE ELSE.



WHAT IS YOUR BODY TELLING YOU?



KNOW YOUR CIRCLES OF SUPPORT:



ACTIVATE YOUR CIRCLES OF SUPPORT

WHEN MY BODY IS TELLING ME.....

I CAN HELP MYSELF BY.....

I CAN ASK FOR HELP FROM.....

WHEN MY BODY IS TELLING ME.....

I CAN HELP MYSELF BY.....

I CAN ASK FOR HELP FROM.....

WHEN MY BODY IS TELLING ME.....

I CAN HELP MYSELF BY.....

I CAN ASK FOR HELP FROM.....