

WHAT IS THE EVENT/
EMERGENCY?

EMERGENCY PLAN

DATE

WHAT WILL HAPPEN BEFORE?

?

WHAT WIL HAPPEN DURING?

?

WHAT WILL HAPPEN AFTER?

?

WHAT ARE THE THOUGHTS THAT MIGHT HAPPEN?







WHAT ARE THE EMOTIONS THAT MIGHT HAPPEN?







WHAT ARE THE BODY SENSATIONS THAT MIGHT HAPPEN?







WHAT ARE SOME BEHAVIORS TO WATCH OUT FOR?







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WHAT TOOLS CAN I PREPARE/USE BEFORE?

DURING?

& AFTER THE EVENT?

WHAT IS THE BEST CASE SCENARIO?

WHAT IS THE REALISTIC OUTLOOK
& HOW TO PREPARE?

WHAT IS THE WORST CASE SCENARIO?