



# SELF CARE PLAN



May you find peace, trust your truth,  
and be surrounded by love and healing.

## Know the signs

- **DARVO**

If you live with them, limit exposure to them if you can.

- **RECOGNISE TRIGGERS**

Pay attention to when and how behaviours are triggered (phrases, situations, or topics that cause confusion or self-doubt.)

## Set Boundaries

- **Use firm, clear language**

'I believe this conversation is not productive right now.'

- **Limit exposure where possible**

If you live with them, limit exposure to them if you can.

- Inform trusted individuals
- Be mindful of technology tracking devices (phone or car)

## Track Interactions

- Journal
- Notes in phone
- Calendar (to look for patterns)
- Keep a record
- Confide in a trusted ally
- Save any threatening comms

## Self Care

- Keep conversations in the present tense.
- Take a break and do your breathing (4-2-6)
- Engage in activities that bring you peace, love or joy (gym)
- Surround yourself with positive influences when you can.
- Engage in therapy

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You are worthy of clarity and respect.

## Support

- Emergency Contact List
- Safe people to reach out to:  
.....  
.....
- Lifeline 13 11 14
- RESPECT 1800 737 732
- RESPECT (Text) 0488 847 826
- DV Connect (Men) 1800 600 636
- DV Connect (Women) 1800 811 811

## Create Exit Plan

- Know where to go  
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- Practice leaving quickly (children)
- Emergency Contact List  
.....  
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- Inform trusted individuals
- Bank account / cash

## Legal Protection

- Seek a restraining order
- File a report with police
- Know your rights
- Keep a record of the abuse
- Store any valuables (passports, birth certificates, heirlooms, jewellery) in a safe space (eg a friend house or bank safety box).

## Emergency

- Police/Ambulance 000
- Create a 'safe word' for your children to use in an emergency.
- Safe place for your children
- Safe House for you and your family
- Safe place for your pets