



The PLAN: Survivor Safety Planner

Workbook and Checklist From QueenBeeing.com

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Survivor Safety Plan: Leaving the Narcissist

This safety plan is designed to help you stay safe during each stage of getting out of an abusive, toxic relationship.

Your safety plan will also:

- Detail plans in case of dangerous situations or changes in the relationship, such as breaking up
- Identify your safe friends and safe places
- Identify the essential items to take if you need or decide to leave home
- Include information about local domestic violence resources and legal rights
- Build on what you are already doing to survive

Remember: You are the expert in your own situation and some of the information or suggested steps provided here may not be relevant to you. Feel free to adapt as needed for your individual situation. It can also be helpful to start this process with your coach, counselor or an advocate.

You deserve to be safe and comfortable in your home - and I hope this tool will help you create a safety plan that works for you and your family.

2. If I need to get away quickly, I'll pack a bag and hide it in/at _____ so I can get out safely.
3. I am not alone! I can tell these people about the abuse and notify them if I need help. They can be advised in advance of who to call and what to do if I need help. (Example: call police if I'm afraid for my safety, etc.)

- a. _____
- b. _____
- c. _____
- d. _____

4. If I have kids, I'll teach them how to use the telephone to call the police and the fire department if necessary.
5. My code word for family, friends or my kids to know I need help is: _____. I will share this word with them and let them know what it means if/when I use it.
6. If I'm forced to leave my house, I will go _____. (This is a question you don't want to have to answer, but do it anyway – it's important to be prepared because you never know what a narcissist might do.)
7. If I have kids, I will teach them how to use gray rock and how to deal with their narcissist parent as age appropriate. Here are my ideas for strategies for my kids to use:

8. This is how I will deal with any arguments or fights that come up with the narcissist in the meantime.
 - a. Move to a different room.
 - b. Use gray rock.
 - c. Soothe the narcissistic rage so I can get safely away, if needed.
 - d. Call my friend/family member and use my code word if needed.
 - e. _____
 - f. _____
 - g. _____

9. I promise myself that no matter what, I will stay safe (or get safe, as quickly as possible). I will actively use my instincts, intuition and judgement. I will trust myself. I will protect myself and my children until we are out of danger.

Notes:

Part Two: Preparing to Leave

I am leaving the narcissist. I plan to do this on or about this date: _____

1. I am saving money. I will leave money plus an extra set of keys, a suitcase and other important items with _____.
2. I will also keep copies of important documents (birth certificates, social security cards, marriage license, divorce papers, tax documents, mortgage certificates, etc.) at _____.
3. Even if I don't have a job yet, I will open a savings account by this date _____ to begin to increase my independence – and my options.
4. Other things I can do to increase my independence and my options include the following:

5. The domestic violence hotline is _____.
6. The shelter's hotline is _____.
7. I can reach my local police at _____.
8. I will get my own cell phone that the narcissist does not have access to or knowledge of. I can get a throw-away phone and hide it _____ if necessary.
9. I can check with family/friends including _____ and _____ to find out who will let me stay with them or who will lend me money if needed.
10. I can leave extra clothes and an overnight bag with _____ in case I need to leave without grabbing my suitcase.
11. I will review my safety plan weekly so that I know I'm planning the safest and most effective way out. I can review my plan with _____ (someone you trust, your friend, counselor or coach).
12. Even if it feels silly, I will practice ahead of time, rehearsing my escape plan so I know it like the back of my hand, and if I have kids who are old enough to understand, I will teach them what to do when the time comes.

Notes:

What to Take When You Leave

Legal Papers

- Restraining order/stalking order
- Lease, rental agreement, house deed
- Car registration
- Health and life insurance cards
- Divorce papers
- Custody papers

Other

- House and car keys
- Medications
- Valuables, photos, etc.
- Address book
- Phone card/safety cell phone
- Clothes, blankets, small toys for children
- Clothes, hygiene necessities, etc. for yourself

Identification

- Driver's license
- Children's birth certificates
- Social security card
- Self-sufficiency/disability identification

Financial

- Money and/or credit cards
- Bankbooks
- Checkbooks and/or ATM cards

Papers

- Medical records for you and your children
- Work permits/green card
- VISA

Notes:

Part Three: Safety in My Home

To stay safe at home, I can use the following safety methods:

- a. I can change the locks on my doors and windows as soon as possible.
- b. I can replace wooden doors with steel doors.
- c. I can install security systems.
- d. I can also add additional locks, window bars, poles to wedge against doors, electronic sensors, etc.
- e. I can purchase rope ladders to be used for escape routes from the second floor.
- f. I can install smoke detectors and buy fire extinguishers for each floor of my home.
- g. I can install an outside lighting system that lights up when someone approaches my home.
- h. I will teach my children how to use the phone to contact me and also _____ (friend, family, minister) if my narcissist tried to take them.
- i. I will tell the people who care for my children, who has permission to pick up my children. My narcissist is NOT allowed to. I need to inform the following people:

School _____

Day Care _____

Babysitter _____

Sunday School _____

Teacher _____

And _____

Others _____

I can tell the following people that my narcissist no longer lives with me and that they should call the police if he is near my residence:

Neighbors _____

Church Leaders _____

Friends _____

Others _____

PART FOUR: Getting an Order of Protection (If Needed)

The following steps will help enforce the order of protection:

- I will keep the protection order _____ (the location). (TIP: Always keep it with you.)
- I will share copies of my protection order to police departments in the areas that visit my friends, family, where I live, and where I work.
- If I visit other counties, I will register my protection order with those counties.
- I can call the local domestic violence agency if I am not sure how to register my protection order with the police departments.
- I will tell my employer, my church leader, my friends, my family and others that I have a protection order.
- If my protection order gets destroyed, I know I can go to the County Courthouse and get another copy.
- If my narcissist violates the protection order, I will call the police and report it. I will call my lawyer, my advocate, counselor, and/ or tell the courts about the violation.
- If the police do not help, I will call my advocate or my attorney AND I will file a complaint with the Chief of the Police Department.
- I can file a private criminal complaint with the district judge in the jurisdiction that the violation took place or with the District Attorney.

Notes:

Part Five: Staying Safe At Work and In Public

I can do the following:

- I can tell my boss, security, and _____ at work about this situation.
- I can ask _____ to help screen my phone calls.
- When leaving work I can do the following:
 - _____
 - _____
 - _____
- When I am driving home from work and problems arise, I can
 - _____
 - _____
 - _____

- If I use public transportation, I can
 - _____
 - _____
 - _____

- I will shop at different grocery stores and shopping malls at different hours than I did when I was with my narcissist.
- I will use a different bank and bank at different hours than I did when I was with my narcissist.
- I can also do the following:
 - _____
 - _____
 - _____

Notes:

PART 6: Addiction Issues

It's crunch time, and I need to think carefully on how to deal with myself and my narcissist in regard to addictions. I can stay safer if I do the following:

a. If I am going to use, I am going to do it in a safe place with people who understand the risk of violence and who are committed to my safety.

b. I can also _____

c. If my narcissist is using, I can

d. I can also

e. To protect my children, I can

Notes:

PART SEVEN: My Emotional Health

I will take care of myself, physically and emotionally. Before I leave the narcissist, if I can, I will see the doctor and make sure I'm in good physical health. I may also choose to visit the dentist (especially if leaving the narcissist means I'll be without health insurance for a while). I will consider getting therapy or coaching with someone who "gets it" if I can afford to do that.

I can also do the following:

a. If I feel depressed and ready to return to a potentially violent situation/ narcissist, I can post in SPAN for support, or I can _____

I can call

b. When I must talk to my narcissist in person or on the phone, I can

c. I will use "I can..." statements and I will be assertive with people.

d. If someone tries to abuse or hurt me, I can tell myself

e. I can call the following people and/ or places for support:

f. Things I can do to make me feel stronger are:

Visit QueenBeeing.com for information about narcissistic personality order and narcissistic abuse recovery.

- Join SPAN (free and online confidential support group) at QueenBeeing.com/SPAN.
- Get free daily group video coaching at YouTube.com/AngieAtkinson.
- Sign up for one-on-one coaching with Angie Atkinson at NarcissisticAbuseRecovery.Online.

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