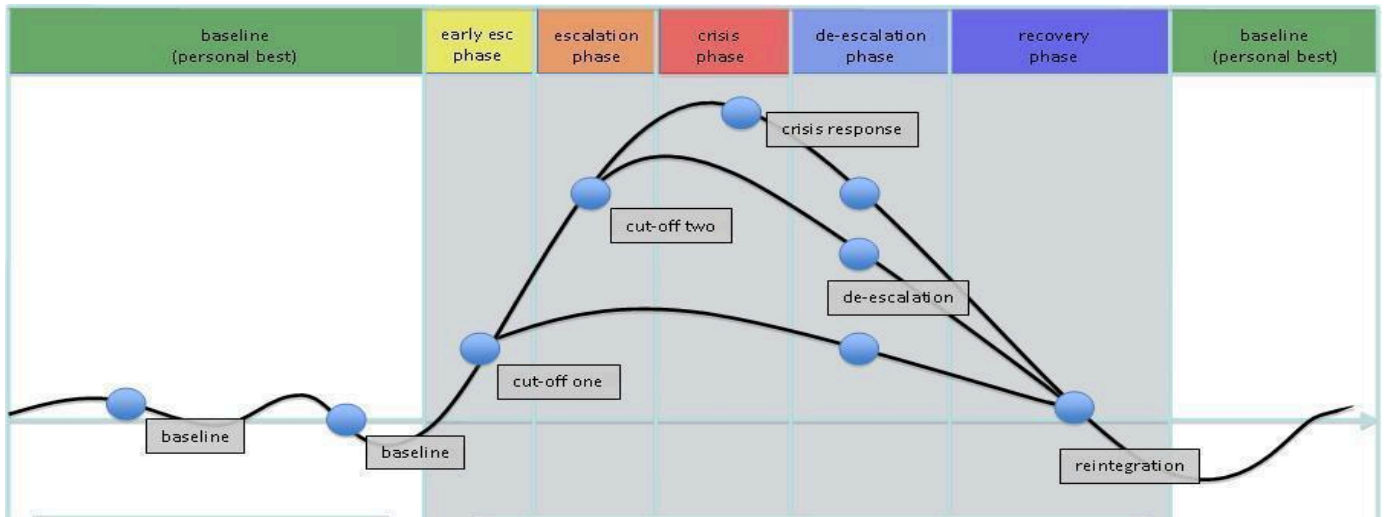


CRISIS ESCALATION CURVE



BASELINE PHASE

BASELINE BEHAVIORS

What are notable examples of your baseline behaviors? How do you interact with others? How does your body feel and look?

EARLY ESCALATION PHASE

SETTINGS/CONDITIONS THAT TRIGGER YOU

Times of day or year, activities, situations, interactions, people, or environmental changes trigger you?

ESCALATION SIGNS

Signs or feelings that you have been triggered and are moving out of baseline. What does it feel like for you? What would others notice? Thoughts? Feelings? Bodily sensations? Behaviors?

CUT-OFF INTERVENTIONS

What can you do to return to baseline? What does not help?

ESCALATION PHASE

ESCALATION SIGNS

Signs or feelings that you have been triggered and are moving out of baseline. What does it feel like for you? What would others notice? Thoughts? Feelings? Bodily sensations? Behaviors?

CUT-OFF INTERVENTIONS

What can you do to return to baseline? What does not help?

CRISIS PHASE

CRISIS SYMPTOMS:

What does it look like when you are flooded with emotions, have lost control, or make decisions you regret?

CRISIS INTERVENTIONS

What helps you calm down at this point?

Emergency Resources

- 24/7 National Suicide Prevention Lifeline: 1-800-273-TALK (8255) En Español: 1-888-628-9454
- 24/7 Crisis Text Line: Text “HOME” to 741-741
- National Parent & Youth Helpline: (call or text) 1-855-2736