

My support and self-care plan

Choose a manageable next step for yourself as well as for the relationship. Leave conversation planning aside if speaking together would be unsafe.

Date / period: _____

Safety first. Do not confront someone in a dangerous situation or put yourself at risk. Call 000 for immediate danger, unconsciousness, abnormal breathing, a seizure or severe confusion. For domestic or family violence support, contact 1800RESPECT on 1800 737 732. In Victoria, call DirectLine on 1800 888 236 or Family Drug and Gambling Help on 1300 660 068.

1. How am I affected?

Notice your health, sleep, feelings and other relationships.

2. What could I say or ask?

Use one observation and an open question.

3. What can I offer, and what is my limit?

Choose a practical offer and a boundary within your control.

4. What will I protect this week?

Plan your own care, rest or a break with needed cover.

5. Who can support me?

Name a person or service and a step if things are unsafe.

Afterwards: what did I learn, and what do I need for myself now?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/supporting-without-taking-over/>