



## Solution-Focused Safety Scale (SFSS)

*How confident am I that I can keep myself safe?*

*What do I **need**  
at each number?*



*What am I **doing**  
at each number?*

|       |           |       |
|-------|-----------|-------|
| _____ | <b>10</b> | _____ |
| _____ | <b>9</b>  | _____ |
| _____ | <b>8</b>  | _____ |
| _____ | <b>7</b>  | _____ |
| _____ | <b>6</b>  | _____ |
| _____ | <b>5</b>  | _____ |
| _____ | <b>4</b>  | _____ |
| _____ | <b>3</b>  | _____ |
| _____ | <b>2</b>  | _____ |
| _____ | <b>1</b>  | _____ |

- What is a good enough number to stay safe from client? \_\_\_\_\_
- What is a good enough number stay safe from VIP? \_\_\_\_\_
- What is a good enough number that both client and VIP agree on to stay safe? \_\_\_\_\_
- What number are you at now? \_\_\_\_\_
- What keeps the number from being lower?  
What else? \_\_\_\_\_
- What would you be doing when the number goes up by one point? \_\_\_\_\_

- What number do I need to call my VIPs? \_\_\_\_\_
- What number do I need to call crisis? \_\_\_\_\_
- What number do I need to call 911? \_\_\_\_\_
- How confident are you that you will call? \_\_\_\_\_



- What have I done or said to myself that has been even a little bit helpful to manage and cope? What else? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What has kept you from harming yourself in the past? What else? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What do I enjoy and have fun doing, even a little bit? What else? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Who are my VIPs?
  1. Name: \_\_\_\_\_
  2. Name: \_\_\_\_\_
  3. Name: \_\_\_\_\_
- What are my best hopes when I move forward from this challenging time? What will you be doing? What else?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What are my reasons for living? What else?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Safety Check-In

- VIPs - Who to Check-In with? \_\_\_\_\_
- How often? \_\_\_\_\_
- Text/Call/Other: \_\_\_\_\_
- How confident are you and your VIPs from 1-10 that lethal means will be minimized? \_\_\_\_\_
- What is a good enough number? \_\_\_\_\_
- What phone numbers are most important to have at hand?
  1. Name/Number: \_\_\_\_\_
  2. Name/Number: \_\_\_\_\_
  3. Name/Number: \_\_\_\_\_