



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?

_____	10	_____
_____	9	_____
_____	8	_____
_____	7	_____
_____	6	_____
_____	5	_____
_____	4	_____
_____	3	_____
_____	2	_____
_____	1	_____

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

- **What number do you need to call your VIPs?** _____
- **What number do you need to call crisis?** _____
- **What number do you need to call 911?** _____
- **How confident are you that you will call?** _____

- What have you done or said to yourself 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 you enjoy and have fun doing even a little bit? What else?

- Who are your VIPs? What do you most appreciate about them? What else?

1. Name: _____

2. Name: _____

3. Name: _____

- What are your best hopes when you move forward from this challenging time? What will you be doing? What else?

- What are your reasons for living? What else?

- What is one thing you could do to raise your number? What else?

- How confident are you from 1-10 that you will do your best to raise your number by one point?

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: _____