

Worksheet 6 - Blank (any environment)

Copy this page for anywhere else you spend time.

LOCATION / SITUATION

DAY AND TIME (BASELINE) - what does normal look like here at this hour?

S - SCAN - people, exits, lighting, obstacles, where help is

A - ASSESS - what would count as a change? direction, distance, pace, attention, numbers

F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition
