

# De-escalation Worksheet

## Client Information

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Consultation: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

## Situation (describe a crisis or a situation which has triggered extreme emotions):

## Identify potential triggers:

What factor did trigger your agitation or aggression?

## Recognize early warning signs:

What are some early warning signs that may indicate that you have become agitated or upset? Consider changes in tone of voice, body language, or level of engagement.

**Develop de-escalation strategies:**

What strategies can you use to help calm down?

**Consider safety planning:**

What safety measures should be put in place in case the situation escalates and becomes unsafe?

**Document the incident:**

What happened during the interaction, and how was it resolved?

**Additional Notes:**