

The Fear Cascade Overview

SAFE		UNSAFE
<ul style="list-style-type: none"> • Safe Relationships • Clubs • Church • Teams • Support Groups • Safe Peer • Positive Memories 		<ul style="list-style-type: none"> • Gangs/Violent or Hurtful Relationships • Suicide Attempts • Addiction • Self-Injurious Behavior • Overeating
<ul style="list-style-type: none"> • Leaving Problematic Situation • Stepping Away • Taking a Break • Planning Next Steps • Planning for Challenges 		<ul style="list-style-type: none"> • Running Away • Hiding • Suicide Attempts • Self-Injurious Behavior • Rumination • Pushing Away Safe People
<ul style="list-style-type: none"> • Being Assertive • Exercise • Sports • Dance • Protesting, Not Rioting • Safe Movements • Humor that Does Not Hurt Others 		<ul style="list-style-type: none"> • Aggression • Suicide Attempts • Addiction • High Risk Behavior • Rumination • Humor that Hurts Others • Hurting Safe People
<ul style="list-style-type: none"> • Sit Still • Quiet Time • Prayer • Meditation • Brain Break • Breathing 		<ul style="list-style-type: none"> • Depression • Being Stuck • Wetting or Soiling • Numbness • Flopping • Curling into the Fetal Position • Sleep (Submit)