THIS SHIT IS FOR ME

A SAFETY PLAN
What is a safety plan?

Thank you for keeping the kitchen clean.

SD is varying.

\[
\text{SE} = \frac{\text{SE}_1}{\text{SE}_2} \times \frac{\text{SE}_1}{\text{SE}_2}
\]

Percentages EV = (P(e) - P(e)) \times 100, SE = \sqrt{(P(e) \times (1 - P(e)))}

Number of draws EV = N \times (P(e) - P(e)) \times \text{SE} = \text{SE} \times N \times \text{SE}

\[
\text{SUM} = \frac{\text{SE}}{\text{SE}}
\]
Self care is not an indulgence.

It is active caretaking — attention to need and awareness of yourself.

What do you need?
I RELIEVE STRESS BY -

(AND WHICH YOU NEED TO LIMIT OR AVOID)

THROWING OUT STUFF I DON'T NEED
WATCHING THE HOURS OF THE PUPPY IN ITS OWNERS' FLEXIBLES
PUTTING SOME FUN MUSIC AND DANCING IN ITS SOMEBODY'S FLEXIBLES
WRITING SOME POETRY AND DANCING IN ITS SOMEBODY'S FLEXIBLES
LEAVING AS LONG AS I NEED TO AND TAKING SNORES

SFI
www.sfi.org
SFI-00551
60
7987ES
When I'm down I can invite a friend to:

+ Share a 20pc McNuggets
+ Help me fold laundry
+ Break glass & clean it up
+ Plan a themed party

+ Find out if we are astrologically compatible with our crushes

ICS AOA 1st TRIPS

APPELS: Picking up bookshop.
Getting my dumb unit on!!! Breather
console support. Reassuring, accounting.
Expressive, confident, in giving words. Every,
Light up a room. People wanna be
around when they feel good, not be
boring ego. Just going LCS. Comments in
meetings. Don’t stay away from healthy
confibration. Hands on care of unit.
Stepping into this role even w/o

ONIONS: Sucked in to see things
Dipping to make out, doing well on
the J/Classic onion. Trump card
moments: Disproportionate influence.
Disagreement w/Clive = quick to
overpower (but good self correcting)
over involved/over emotional in camp
not be healthy. Is memory
clarifying? So inclusive

PEOPLE I CAN CALL AT 4AM:

+ Caroline - Amine
+ Climate - Usher
+ 679 - Fetty Wap ft. Remy Boyz
+ Lipgloss - Lil Mama
+ No Hands - Waka Flocka Flame
+ Miss Independent - Ne-Yo
+ Sorry - Justin Bieber
+ Black Beetles - Rae Sremmurd
+ Gucci Mane
+ Kiss You - One Direction
+ Beautiful Soul - Jesse McCartney
+ Peaches (Passion Pit Remix) - In The Valley Below
+ Survivor - Destiny’s Child
+ Lollipop - Lil Wayne
+ Super Bass - Nicki Minaj
THINGS THAT MAKE ME FEEL SAFE:

EVERYONE

WHO HAS EVER HURT ME
**LISTEN TO THESE**

- **PURPOSE** - JUSTIN BIEBER/PHARRELL - CHARLES MINGUS
- **I PUT AS PELL ON YOU** - NINA SIMONE/MAYA - M.I.A.
- **BOYS FOR PELE** - TORI AMOS/1992 - PRINCESS NOKIA
- **THE NAME - LADY GAGA/TAKE CARE** - DRAKE/LPI+FKA TWIN
- **SATISFACTION GUARANTEED** - JUNGL PUSY / MEZZUS - KANYE
- **WINTER'S DIARY 2** - TINK/DRake WITH EXPENSIVE TASTE
- **AZEALIA BANKS / BLUE** - JONI MITCHELL - CLOUDS

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**READ THESE**

- **PARADISE** - TONI MORRISON
- **ONE HUNDRED YEARS OF SOLITUDE** - GABRIEL GARCÍA MÁRQUEZ
- **THE CLUE OF THE BROKEN LOCKET** - CAROLYN KEENE
- **MOSES, MAN OF THE MOUNTAIN** - ZORA NEALE HURSTON
- **THE BEAUTIFUL ONES ARE NOT YET BORN** - AYI KWEI ARMAH
- **DIVING INTO THE WRECK** - ADRIENNE RICH
- **LILITH'S CAVE: JEWISH TALES OF THE SUPERNATURAL** - HOWARD SCHWARTZ

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**A gift for you**

Happy birthday to my girl my rock.

- baby
Joni Jeter is a junior at Bryn Mawr College. She doesn't like Brown Liquor and all of her tattoos are sloppy. She just had another bad year and is sure that it is because of her Venus in Libra. She is still bummied that she didn't get Venmo her $4.20 at prom. Her famous boyfriend asked her that she didn't get.