



DEEP ROOTS
FAMILY
THERAPY

Personal Planning Guide

If You are Reading this and Feel in Immediate Danger

1. **Call 911 immediately**
2. **If you cannot safely call, text a trusted friend of a domestic violence hotline.**
3. **Leave the home if you can and go to a public place.**
4. **Take children with you if possible.**

This personal planning guide is designed for women navigating confusing, emotionally destructive, spiritually abusive, or unsafe relationships. Your safety matters. This guide can help you think through practical steps that support safety, support, and wise planning.

Warning Signs Before Things Escalate

1. What moods, words, or behaviors signal danger?
2. What situations or times of day feel most unsafe?
3. Where in the home do arguments escalate?

Immediate Safety Steps

1. Move toward rooms with exits if conflict escalates.
2. Create a code word with a trusted friend or child.
3. Know how you would leave quickly if need.

Safe People I Can Contact

1. Trusted friend: _____
2. Family member: _____
3. Church contact: _____
4. Therapist or counselor: _____
5. Local advocate: _____

Safe Places I Can Go

1. Friend or relative's home: _____
2. Domestic violence shelter: _____
3. Church office: _____
4. Public place open late (hospital, police station, store): _____
5. Another safe place: _____

Important Items to Keep Ready

1. Identification and birth certificates
2. Medication and prescriptions
3. Cash or debit card
4. Phone charger
5. Keys and spare car key

Scripture for Courage

The Lord is close to the brokenhearted and saves those who are crushed in spirit. – Psalm 34:18

Prayer

Lord, you see my fear and confusion. Give me wisdom, courage, and protection. Guide my steps toward safety and truth. Help me walk toward freedom and healing. Amen.

Emergency Exit Checklist

1. Pack a hidden bag with clothes, medications, documents, and cash.
2. Store copies of documents with a trusted person.
3. Memorize. Important phone numbers.
4. Teach children how to call 911 safely.
5. Know the safest exits from your home.
6. Keep your car fueled and park where you can leave quickly.
7. Keep your phone charged and accessible.

Go Bag Checklist

1. Extra clothing
2. Medications
3. Copies of ID and birth certificates
4. Cash
5. Phone charger
6. Important phone numbers
7. Comfort item for children

Technology Safety Tips

1. Use a safe device when researching help, if possible.
2. Turn off location sharing on your phone.
3. Change passwords from a safe computer.
4. Create a private email account, if needed.
5. Clear browsing history.

Domestic Violence & Support Hotlines

1. National Domestic Violence Hotline: 1-800-799-7233
2. Text: START to 88788 | Chat: www.thehotline.org
3. Ohio Domestic Violence Network: 1-800-934-9840
4. YWCA Northwest Ohio Domestic Violence Hotline (Toledo): 419-241-7386
5. The Cocoon Shelter Hotline – Bowling Green, Ohio: 419-373-1730

Spiritual Abuse Support

1. Spiritual abuse occurs when faith, scripture, or religious authority is used to control, shame, or silence someone.
2. If you are experiencing spiritual abuse, speaking with a trained counselor or advocate can help you sort through faith and safety.
3. You deserve spiritual care that reflects God's love, truth, and protection.

For more faith-based guidance and practical tools to build safety and healing in your marriage, visit www.deeprootsft.com -- where hope and truth take root.