ADULTS & TEENS | PRINTABLE WORKSHEET

Building Emotional Safety



WHAT THIS IS

Healing happens in safety. Safety is built in three places: in your body and mind, in your surroundings, and in your relationships.

HOW TO USE IT

1. Check what already helps you feel safe.
2. Pick one thing to add in each area.
3. Revisit as your needs change.

EXAMPLE

"Safe space: my bedroom with soft lighting. Safe person: my cousin. Inner: a calming phrase."

INSIDE ME

- [ ] Slow breathing
- [ ] Calming phrases
- [ ] Self-kindness
- [ ] Grounding tools
- [ ] Rest

AROUND ME

- [ ] A safe place
- [ ] Predictable routine
- [ ] Locks and lighting
- [ ] Limited triggers
- [ ] Comfort items

WITH OTHERS

- [ ] A trusted person
- [ ] Clear boundaries
- [ ] Respectful listeners
- [ ] Support groups
- [ ] Professional help

My safe place (describe or draw)

Safe people I can turn to

_____

_____

_____

A calming phrase I can use:

_____

One thing I will add this week to feel safer:

_____

_____

Go at your own pace. Skip anything that feels like too much, and stop any time. Trauma education and self-help materials are not a substitute for individualized trauma-informed care.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.