

# WHAT I NEED TO FEEL SAFE

Understanding and Communicating Your Needs for Personal and Shared Security

## Understanding Safety

Feeling safe is not just physical—it's also emotional.

**Emotional safety means you can:**

- Express yourself without fear
- Feel respected and heard
- Set boundaries without guilt

Your needs for safety are valid.

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## Check-In With Yourself

**Right now, I feel:**

- Safe and calm
- Somewhat uneasy
- Anxious or overwhelmed
- Disconnected or unsure

**In my body, I notice:**

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## What Safety Feels Like to Me

**I feel safe when:**

**Safety, for me, looks like:**

**Safety, for me, feels like:**

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## **Communication Needs**

**I feel safe in communication when:**

- People listen without interrupting
- I can express myself honestly
- My feelings are validated
- There is a calm and respectful tone
- Other: \_\_\_\_\_

**One communication need I want to express:**

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## **Boundaries That Support My Safety**

**I feel safer when these boundaries are respected:**

**One boundary I need to communicate more clearly:**

**When my boundaries are crossed, I feel:**

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# Attachment Awareness

How you connect with others can affect your sense of safety.

**I tend to feel safest when:**

- I receive reassurance and closeness
- I have space and independence
- There is balance between both
- I'm not sure yet

**What I notice about my needs:**

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## Triggers & Safety Signals

**Things that make me feel unsafe or triggered:**

**Things that help me feel safe again:**

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## My Personal Safety Plan

**When I don't feel safe, I will:**

**To support myself, I can:**

**Who or what helps me feel safe:**

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## **Small Steps Toward Safety**

**One small step I can take to support my safety:**

**One thing I can communicate to others:**

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## **Reflection**

**What helps me feel safest?**

**What do I need more of in my relationships?**

**How can I support my own sense of safety?**

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## **Notes**

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*Your need for safety is valid. You are allowed to ask for what helps you feel calm, respected, and secure.*

**“Safety begins when you feel seen, heard, and respected.”**

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