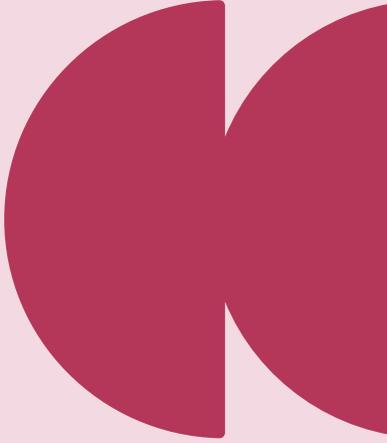


# *Exploring My Inner Safety*

## **A gentle reflection worksheet**

Take a few deep breaths before you begin.  
There is no right or wrong way to fill this out.  
Return to this worksheet after every week or  
month and track what changed.





# What Is Inner Safety?

Inner safety is the felt sense of being safe within yourself.

It reflects how secure you feel in your thoughts, emotions, bodily sensations, beliefs, relationships, and in your ability to trust and support yourself.

In this worksheet we will explore these layers gently.



# Core Beliefs

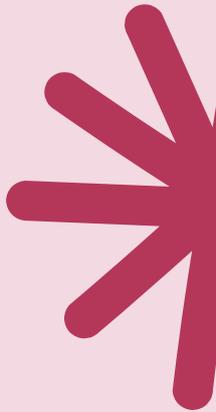
These are your innermost beliefs about yourself that affect many of your reactions, emotions and feelings.



## Reflect

On a scale of 1-10, how true do these feel?

- I am worthy of love. \_\_\_\_\_
- I am enough as I am. \_\_\_\_\_
- I deserve peace. \_\_\_\_\_
- I am safe. \_\_\_\_\_
- I trust myself. \_\_\_\_\_



**Which of these beliefs feels hardest to believe?**

**Where might this belief have been shaped?**

**What would shift in my life if this belief felt true instead?**



# Emotional Safety

This is your ability to feel without fear of your own emotions.

## Reflect

When I experience strong emotions, I tend to:

- Suppress them
- Distract myself or avoid them
- Express them or talk to someone about them
- Feel them or sit with them
- Something else: \_\_\_\_\_

## Which emotions feel unsafe for me?

## How is this emotion trying to help me?

## What do I usually do when I feel overwhelmed?



**What is one action I can take to feel emotionally safer?**

## **An activity for you**

Write one emotion you've been avoiding and complete:

It makes sense that I feel \_\_\_\_\_

because \_\_\_\_\_

I will gently, when it feels safe to, face this emotion by \_\_\_\_\_



**Pause for a moment.  
Take a deep breath.**

# Mental Safety

This reflects how safe your mind feels with your thoughts.

**What unhelpful thought repeats most often in my mind?**

**Does this thought feel supportive or judgmental?**

**Now gently reframe this thought into one that feels safer and kinder:**

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# Safety In My Body

This is your ability to feel at home in your body.

**Place your hand on your chest and write:**

**Right now, my body is asking for**

**What does my  
body need more of  
right now?**

**What does my  
body need less of  
right now?**

# Relational Safety

How safe do you feel when connecting with others?

## Reflect

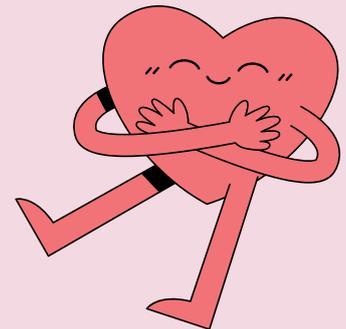
In which relationship do I feel most safe?

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In which relationships do I shrink?

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**Pause here.**  
**Give yourself a hug, or take**  
**a few deep breaths.**



**One boundary that would increase my**  
**relational safety:**

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**One relationship that feels nourishing:**

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# Trusting Myself

What's your relationship with yourself like?

How well do I trust my decisions?

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What do I believe about my abilities in difficult situations?

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**One small promise to myself I can keep this week:**

**One thing I need to give myself permission for:**