

Creating Moments of Safety and Connection

Worksheet: Creating Moments of Safety and Connection

Part 1: Reflecting on Your Own Experiences

1. Describe a Moment of Feeling Safe and Welcome

- When was a time you felt truly safe and welcomed in an unfamiliar place?
- Who made you feel this way, and what did they do?

Your Reflection:

2. How Did It Impact You?

- How did this moment change how you felt about the place or experience?
- Did it reduce any anxiety or stress?

Your Reflection:

Part 2: The Importance of Connection

3. Why Do You Think Feeling Welcome Matters to You?

- What emotions arise when you think about being welcomed or ignored?

Your Reflection:

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4. How Do You Offer Welcome to Others?

- In what ways do you help others feel safe, seen, or welcomed in your daily life?
- Are there small changes you could make to offer more warmth and connection?

Your Reflection:

Part 3: Action Steps

5. For Yourself

- What small actions can help you feel safer in unfamiliar situations (like traveling or meeting new people)?
- List three practical steps:

1.

2.

3.

6. For Others

- How can you offer a deeper sense of welcome to people in your life-whether at work, in your community, or with strangers?
- List three simple ways:

1.

2.

3.

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Final Reflection

- What did you learn about the power of small, welcoming moments?
- How might this change the way you interact with others in the future?

Your Reflection:

Keep building the skill

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Symptoms are signals. You are not broken. You are adapting.

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