

## CREATING SAFETY QUESTIONS

Have you ever felt safe? \_\_\_\_\_ Yes      \_\_\_\_\_ No      \_\_\_\_\_ I'm not sure

If Yes, describe one time you felt safe:

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What about that experience made you feel safe?

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If you haven't experienced feeling safe, describe some of the experiences or beliefs that have kept you from feeling safe: (People hurt me / I can't depend on anyone / I didn't know you could feel safe)

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For me to feel safe, I would need:

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When I consider the possibility of feeling safe in the world, I

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**Things to Think About:**

- \* Can I conceive of feeling safe? Why or why not?
- \* Do I deserve to feel safe? Why or why not?

The following information can be found in “The Courage to Heal Workbook” For Women and Men Survivors of Child Sexual Abuse – Author Laura Davis coauthor of The Courage to Heal.

**Note from Wahine Ora:**

The above books have been an excellent tool that we continue to use when working alongside Wahine.

**“When you bury an emotion you bury it alive”**