



Trauma-informed support for survivors rebuilding after abuse

A Reflection Checklist

Emotional safety is the feeling of being able to exist, communicate and express yourself without fear of judgement, intimidation, emotional punishment or constant anxiety.

Many people do not realise how emotionally unsafe they have felt until they begin experiencing calmer, healthier environments.

This checklist is designed to help reflect on whether you feel emotionally safe within your relationships, environments or daily life.

1. Feeling Safe Being Yourself

Do you:

- ☐ Feel able to express your thoughts and feelings honestly?
- ☐ Feel emotionally accepted rather than constantly judged?
- ☐ Feel able to relax and be yourself around certain people?
- ☐ Feel safe making mistakes without fear of emotional punishment?
- ☐ Feel respected even during disagreements?
- ☐ Feel emotionally supported rather than controlled?

2. Communication & Emotional Safety

Do you:

- ☐ Feel safe communicating needs or boundaries?

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- ☐ Feel heard and respected during conversations?
- ☐ Feel able to disagree without fear?
- ☐ Feel emotionally calmer after conversations rather than drained?
- ☐ Feel emotionally considered and valued?
- ☐ Feel safe asking for support when needed?

3. Nervous System & Emotional Wellbeing

Do you:

- ☐ Feel calm more often than anxious around someone?
- ☐ Feel able to relax without constantly monitoring moods or reactions?
- ☐ Feel emotionally stable rather than constantly hyper-alert?
- ☐ Feel emotionally safe enough to rest?
- ☐ Feel less emotionally overwhelmed in safe environments?
- ☐ Feel like your nervous system gets a chance to breathe around certain people?

4. Boundaries & Respect

Do you:

- ☐ Feel your boundaries are respected?
- ☐ Feel able to say no without guilt or fear?

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- ☐ Feel emotionally safe taking space when needed?
- ☐ Feel respected as an individual?
- ☐ Feel your needs matter too?
- ☐ Feel free to maintain your own identity, interests and relationships?

5. Signs Of Emotional Unsafety

Do you often:

- ☐ Walk on eggshells around someone?
- ☐ Fear emotional reactions or conflict?
- ☐ Overthink conversations constantly?
- ☐ Feel emotionally tense or hyper-alert?
- ☐ Feel drained, anxious or emotionally smaller after interactions?
- ☐ Feel unable to fully relax emotionally?

Reflection

Emotional safety is not about perfection.

It is about feeling:

- Respected
- Heard

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- Emotionally secure
- Free to express yourself and just be you
- Safe expressing needs and feelings
- Able to exist without constant fear or emotional tension

Many people adapt to emotionally unsafe environments gradually and stop recognising how much stress their nervous system is carrying.

Important Reminder

You deserve relationships and environments where your nervous system does not need to stay in constant survival mode.

Feeling emotionally safe matters.

Support & Further Resources

Understanding emotional safety can help people rebuild confidence, boundaries and healthier relationship patterns over time.

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Turning silence into understanding through lived experience.

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