



Trauma-informed support for survivors rebuilding after abuse

A Relationship Reflection Sheet

Relationships can affect emotional wellbeing, confidence, nervous system safety and sense of self in ways people do not always recognise immediately.

This reflection sheet is designed to encourage gentle self-reflection around emotional safety, boundaries, communication and relationship patterns.

There are no perfect answers.

The goal is not judgement.

It is awareness.

1. Emotional Safety

Ask yourself:

- ☐ Do I feel emotionally safe being myself in this relationship?
- ☐ Do I feel able to express thoughts and feelings honestly?
- ☐ Do I feel respected even during disagreements?
- ☐ Do I feel calm more often than anxious?
- ☐ Do I feel emotionally supported rather than controlled?
- ☐ Do I feel emotionally smaller or more tense over time?

Our vision is to break silence and rebuild lives, for this generation and the next

hello@weareunmuted.co.uk

Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

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2. Communication & Conflict

Ask yourself:

- ☐ Can we communicate honestly without fear?
- ☐ Do disagreements feel respectful or emotionally unsafe?
- ☐ Do I feel heard and considered?
- ☐ Am I able to express boundaries safely?
- ☐ Do conflicts involve blame, manipulation or emotional punishment?
- ☐ Do I feel emotionally exhausted after interactions?

3. Identity & Independence

Ask yourself:

- ☐ Do I still feel connected to myself outside the relationship?
- ☐ Am I able to maintain friendships, hobbies and independence?
- ☐ Do I feel encouraged to grow as an individual?
- ☐ Have I changed parts of myself to avoid conflict or rejection?
- ☐ Do I feel emotionally free or emotionally trapped?
- ☐ Do I recognise myself emotionally compared to before?

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4. Boundaries & Respect

Ask yourself:

- ☐ Are my boundaries respected?
- ☐ Can I say no without guilt or fear?
- ☐ Do I feel pressure to prioritise the other person constantly?
- ☐ Do I feel emotionally safe taking space when needed?
- ☐ Do I over-explain myself to avoid conflict?
- ☐ Do I feel responsible for the other person's emotions?

5. Nervous System & Emotional Wellbeing

Ask yourself:

- ☐ Do I constantly walk on eggshells?
- ☐ Do I overthink conversations afterwards?
- ☐ Do I feel hyper-alert to moods or tension?
- ☐ Do I feel emotionally drained more often than emotionally nourished?
- ☐ Does my nervous system feel calmer or more overwhelmed in this relationship?
- ☐ Am I surviving emotionally or genuinely feeling safe and supported?

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Reflection

Relationships can affect:

- Confidence
- Emotional safety
- Nervous system regulation
- Identity
- Self-trust
- Emotional wellbeing

Many unhealthy patterns develop gradually and become normalised over time.

Gentle self-reflection can help people reconnect with their needs, boundaries and emotional experiences.

Important Reminder

You deserve relationships where you feel:

- Safe
- Respected
- Heard
- Emotionally supported
- Able to be yourself
- Free from constant fear, tension or emotional exhaustion

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Your emotional wellbeing matters.

Support & Further Resources

Understanding relationship patterns can help reduce confusion, rebuild self-trust and support healthier emotional connections over time.

WeAreUnmuted

Turning silence into understanding through lived experience.

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