



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Worksheet

Many people who have experienced trauma, emotional invalidation, abuse or long-term survival mode struggle recognising what emotional safety actually feels like in relationships.

Sometimes people become so used to unpredictability, criticism or emotional tension that calm, respectful behaviour feels unfamiliar.

This worksheet is designed to support gentle reflection around the difference between emotionally safe and emotionally unsafe relationship patterns.

1. How My Body Feels Around Certain People

Emotionally safe people often leave the nervous system feeling calmer rather than more activated.

Reflection Space

Around emotionally safe people, I tend to feel:

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

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Reflection Space

Around emotionally unsafe people, I tend to feel:

2. Signs Of Emotional Safety

Examples may include:

- Feeling heard and respected
- Calm communication
- Boundaries being respected
- Emotional consistency
- Feeling accepted rather than judged
- Feeling able to be yourself
- Space without punishment or guilt

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Reflection Space

What behaviours help you feel emotionally safe?

3. Signs Of Emotional Unsafety

Examples may include:

- Walking on eggshells
- Fear of conflict or reactions
- Emotional unpredictability
- Constant criticism or blame
- Feeling emotionally drained afterwards
- Guilt, manipulation or pressure
- Feeling unable to relax emotionally

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Reflection Space

What behaviours make you feel emotionally unsafe or emotionally tense?

4. My Emotional Patterns

Reflection Space

Do you notice yourself:

- People pleasing?
- Over-explaining?
- Becoming hyper-alert?
- Shutting down emotionally?
- Feeling anxious about disappointing people?

What patterns do you notice in yourself around emotionally unsafe people?

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5. What Healthy Support Looks Like to Me

Examples may include:

- Feeling emotionally calm
- Honest communication
- Respect for boundaries
- Reliability and consistency
- Mutual care and respect
- Feeling emotionally safe enough to rest and be yourself

Reflection Space

What would emotionally healthy support and connection look like for you personally?

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Reflection

Emotional safety is not about perfection.

It is about feeling:

- Respected
- Safe to be yourself
- Emotionally supported
- Free from constant fear or tension
- Able to exist without walking on eggshells

Learning to recognise emotional safety can take time, especially for people who have spent long periods in survival mode.

Important Reminder

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

Feeling emotionally safe matters.

Support & Further Resources

Understanding emotional safety can help rebuild self-trust, confidence and healthier relationship patterns over time.

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Turning silence into understanding through lived experience.

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