



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Worksheet

Many people who have experienced trauma, emotional overwhelm, abuse, burnout or long-term survival mode become disconnected from what emotional safety actually feels like.

Sometimes people become so used to stress, hypervigilance or emotional pressure that calmness feels unfamiliar.

This worksheet is designed to encourage gentle reflection around emotional safety, nervous system regulation and the people, environments and experiences that help you feel calmer and more supported.

There are no right or wrong answers.

The goal is awareness, not perfection.

1. People Who Help Me Feel Safe

Emotionally safe people often:

- Listen without judgement
- Respect boundaries
- Communicate calmly
- Feel emotionally consistent
- Reduce anxiety rather than increase it
- Allow space without punishment or guilt

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

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

Reflection Space

Who helps you feel emotionally calmer, more accepted or more supported?

2. Environments That Help My Nervous System Feel Calmer

Examples may include:

- Quiet spaces
- Nature
- Predictable environments
- Clean or comforting spaces
- Calm sensory environments
- Places where you feel emotionally accepted

Reflection Space

What places or environments help you feel calmer, safer or less emotionally overwhelmed?

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

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

3. Behaviours & Communication That Feel Safe to Me

Examples may include:

- Calm communication
- Emotional honesty
- Respect for boundaries
- Consistency and reliability
- Feeling heard and understood
- Being able to rest emotionally

Reflection Space

What behaviours or communication styles help you feel emotionally safe?

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

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

4. What Makes Me Feel Emotionally Unsafe?

Examples may include:

- Raised voices
- Emotional unpredictability
- Criticism or blame
- Conflict or intimidation
- Walking on eggshells
- Pressure, guilt or emotional manipulation

Reflection Space

What situations, behaviours or environments increase anxiety, overwhelm or emotional tension for you?

5. How Safety Feels in My Body

Emotional safety can affect the nervous system physically.

When people feel safer, they may notice:

- Reduced tension

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

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

- Feeling calmer mentally
- Easier breathing
- Less hypervigilance
- Feeling more emotionally present
- Reduced anxiety or emotional pressure

Reflection Space

How does your body or nervous system feel when you feel emotionally safe?

6. What I Want More of In My Life

Reflection Space

What would help you experience more emotional safety, calmness or support in daily life?

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

WeAreUnmuted CIC | Company No: 17128806



Trauma-informed support for survivors rebuilding after abuse

Self-Compassion Reflection

Learning what safety feels like can take time, especially for people who have spent long periods in survival mode.

Recognising emotional safety is an important part of healing and self-awareness.

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 confidence, boundaries, nervous system regulation and self-trust over time.

WeAreUnmuted

Turning silence into understanding through lived experience.

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

WeAreUnmuted CIC | Company No: 17128806