

## Journal: Safety

What does safety mean to you? Describe what it feels like to be safe? When are times that you feel safe and secure? Where do you feel the safest and why? Are there people that you feel more safe around? Describe a time that you haven't felt safe? What was it about that experience that made you feel safe. Describe a time that looking back on it, you put yourself in an unsafe

situation or an unsafe place.

What should or could you have done differently so that you if you encountered that situation again, you would feel more safe and secure. Or, describe a situation that has made you feel stronger as a person, emotionally.