

BUILDING SAFETY IN MY MIND

When do I feel unsafe?

Take a moment and identify situations in which you may feel unsafe physically (like you will be injured or your pain will get worse) and emotionally (feeling vulnerable to shame, rejection, etc.)

Corresponding thoughts & beliefs

Consider what thoughts or beliefs you have about these situations that support the idea that the situation is dangerous.

Reframe your thoughts

Now try reframing your thoughts and beliefs to make them more positive and helpful (and probably more accurate too!)

Physical	Ex. Going down the stairs	Ex. I'm old now, so I can't trust my body anymore	Ex. I'm getting older and I can still do a lot!
	Ex. Telling someone I can't help with something	Ex. They'll think I'm weak and selfish. I probably am.	Ex. I need enough rest to be healthy, and that's ok.
Emotional			