Grounding in What We Know

# Part 1

**Place a checkmark beside any of the following statements that you agree with.**

|  |  |
| --- | --- |
|  | It’s important to me to feel safe in my workplace/classroom/home to express my thoughts and feelings. |
|  | I want people around me to feel safe enough to express their own thoughts and feelings. |
|  | Trust is something people earn from me, and something I earn from other people. |
|  | Trustworthiness is an important quality in a person, workplace or relationship. |
|  | Environments and relationships that allow me to communicate my needs or wants safely is important to me. |
|  | People should feel comfortable and safe expressing themselves to me. |
|  | I appreciate an emotional connection with the people I’m closest with. |
|  | People have to put in time and energy before I decide to establish a close, emotional connection with them. |

# Part 2

**Answer the following questions in relation to your everyday interactions at home, in the workplace or the classroom interactions.**

1. How do you know when someone is unsafe for you to be around (e.g., body language, tone of voice, response to disagreement, words used)?
2. How do you let people know that you’re a safe person to be around?
3. How do you know whether you can be honest with someone?
4. What strategies do you use to let someone else know that they can be honest with you?
5. How do you go about building a close, emotional connection with someone?

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