

# The "Safe Enough" Reflection

Honoring your journey and the strength it took to get to today.

Healing does not mean pretending the past didn't happen, nor does it require feeling perfectly safe all the time. Use this space to gently honor your survival and notice the small pockets of safety that exist right now. You do not need to fill in every line. Take what you need.

## Honoring the Journey

Looking back, one way my mind or body tried to protect me was...

(Example: By staying quiet, by being hyper-aware of others' moods, by shutting down to feel less pain.)

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Today, I can look at that survival skill and say:

(Example: "Thank you for keeping me alive. I am learning new ways to be safe now.")

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## Acknowledging the Weight

Something I am carrying that I was never meant to hold alone is...

(Example: The responsibility for another adult's actions, the pressure to be a "perfect" mother, the guilt of the past.)

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I give myself permission to set this down for just 5 minutes today.

## Noticing "Safe Enough"

Complete safety can feel out of reach, but sometimes we can find a moment that is simply "safe enough" to breathe.

Right now, in this exact moment, one small thing that feels "safe enough" is:

(Example: The chair supporting my back, the locked door of my home, the warmth of the tea in my hands.)

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When I focus on this one safe thing, my body feels:

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## A Gentle Word For Myself:

*"I have survived 100% of my hardest days. The storm is behind me, and it is okay if my body is still learning how to stand in the quiet. I am safe enough right now."*