

Who Feels Safe to You

Sort out who you feel steady around, and what it is about them that does it.

WHEN TO USE THIS

Use this when working out who to lean on and who to keep at arm's length.

Name up to five people you feel steadier around.

Family, friends, a neighbor, a coworker, anyone.

1. _____
2. _____
3. _____
4. _____
5. _____

What do those people do that makes the difference?

Be specific. 'Does not push' counts.

How it feels around different people.

EASIER AROUND

ON GUARD AROUND

Who would you like to see more of this month? What is one way to make that happen?

You are allowed to be picky about who gets close. That is not coldness.