

*If I told you,  
What would you do?*

*Would you  
make me **feel**  
**safe?***



# *Would you make me feel safe?*

**I need** to be noticed. I may not tell you in words —  
I may tell you in my behaviour; I may cry, withdraw or retreat.

**I need** you to know I chose to tell you. I was probably either in desperate crisis,  
or I spent time considering who I could tell before I chose you.

**I need** a place to talk that feels safe.

**I need** your undivided attention.

**I need** your body language to communicate receptiveness, calm and patience.

**I need** time to find the words, and I need to be able to tell you in my own words.

**I need** to be listened to, not just heard, and I need this to be evident  
in your attentiveness and time with me.

**I need** to feel sure that my story is safe with you.

**I need** to sense your respect for me despite what I may feel about myself.

**I need** to be treated with and shown compassion.

**I need** to feel and be safe, emotionally, physically and spiritually.

