

*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.

