



Worksheet: Creating My Safe Space Blueprint

This worksheet helps you translate trauma-informed principles into real-world application. Use it to reflect on the spaces you create and how you can build more emotional, physical, and relational safety.

1. Emotional & Psychological Safety

What helps your clients feel emotionally safe with you?

What helps you stay regulated and grounded in session?

2. Environmental Design

Think about your physical or virtual space. What promotes a sense of calm and predictability?

Is there anything about your environment that might feel unsafe or dysregulating for a trauma-impacted person?

3. Language & Permission

What trauma-informed language do you already use (or want to use) to signal safety and choice?

4. Micro-Practices That Build Safety

What are three small shifts you can implement this week to increase felt safety for your clients?
