

Safety

What Do We Mean by Safety? It can mean physical safety, but it is more often about feeling emotionally/relationally safe. Emotional or relational safety, sounds like:

- I know my partner cares about me
- My feelings, ideas, and concerns matter
- We honor one another
- Our differences are allowed and valued
- We each do our part to build trust in our relationship
- I can have space if I need it
- I feel effective
- Anger is not out of control
- I don't feel judgment, but understanding and compassion
- We really feel like partners, not enemies
- I can be open and vulnerable with my spouse

Steps to Safety

- **Respect the wall**-Honor the walls
- **Honor others**- as a valuable, treasured child of God, created in his image.
- **Suspend judgment**-compassion and understanding creates safety. (Curiosity instead!)
- **Value differences**- what differences in the other person bother you? How can you value those differences? How can you make those differences work for your relationship?
- **Be trustworthy**-recognizing another's value and vulnerability, and treating them accordingly.