

## **Building Your Container**

Use these prompts to explore and establish your sense of safety.

- 1. What does “safety” feel like in your body?** (Warmth?  
Stillness? Softness in your shoulders? A quiet belly?)
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- 2. Where do you go when you feel unsafe?** (A physical place? A person? A behavior like scrolling, eating, or numbing?)
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**3. What is one thing you can do right now to signal safety to your body?**

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