

# 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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