

How to Use These Worksheets

These pages are meant to help your family talk about emotional safety, boundaries, and everyday roles in a gentle, honest way. There are no right or wrong answers, just your truth.




Part 1: What Emotional Safety Means to Us Instructions

- Each person writes or draws what emotional safety means to them.
- Use speech bubbles, sticky notes, or doodles to make it personal.
- Younger children can use pictures or colors to show how safety feels.

Emotional safety means...

Part 2: Our Argument-Free Zones Instructions

- Go through each space in your home together.
- Decide if it is a conflict-free zone (Yes/No).
- Talk about what makes each space feel safe or what could help.
- You can add your own rooms or spaces too!

 Space in the Home	 Conflict-Free?	 What Makes It Safe?
Kitchen	Yes / No	
Living Room	Yes / No	
Child's Bedroom	Yes / No	
	Yes/No	
	Yes/No	
	Yes/No	
	Yes/No	
	Yes/No	

Part 3: Our Agreements Instructions

- Sit down as a family and decide what you can agree on to make your home and spaces feel **emotionally safe**.


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My Voice Matters
What I Think, Feel, and Need


Instructions: - Each person fills out the prompts. This is a space for honesty, not judgment. Listen with care.


 Today I feel: _____

 Something that made me feel safe: _____

 Something that made me feel uncomfortable: _____

 One thing I wish grown-ups or children understood: _____

 A boundary I want to set: _____





 A question I have about my family: _____

1. Household boundaries and Roles Map

“Who Does What, and Where Do We Draw the Line?”
Clarify roles, responsibilities, and emotional boundaries in your home.

Instructions:

- As a family, list out who does what in the home. (cooking, cleaning, caregiving, etc.)
- Talk about emotional responsibilities too, who comforts, who mediates, who listens.
- Use the reflection prompts to notice if anyone’s carrying too much.
- Think about what boundaries need to be clearer or fairer.

 Category	 Who Is Responsible?	 What Are the Limits?	 Child’s Role (if any)

Reflection Prompts:

- Is anyone taking on more emotional responsibility than they should?
- Are children being asked to mediate or absorb adult stress?
- What boundaries need to be reinforced or renegotiated?