

A GRIEF in Action Journaling Exercise

Trust, Safety, and Emotional Guarding

After loss, betrayal, or rupture, trust often becomes fragile. What once felt safe may now feel uncertain. Emotional guarding can develop as a way to prevent further harm.

This exercise invites you to explore how your sense of safety and trust may have changed—and how guarding your heart may have helped you survive.

Begin here:

When I think about trusting others, my body responds by:

I notice myself guarding emotionally when:

Reimagining Safety and Trust

Guarding is often learned through experience. The questions below help clarify what safety means to you now.

What experience taught me that closeness was risky?

What would emotional safety need to look like before I could open up again?

How can I practice discernment without complete withdrawal?

Guarding does not mean you lack trust—it means you learned to protect something valuable.

If this exercise surfaced something meaningful, deeper healing is possible.

Continue your journey with the Invisible GRIEF Mini-Ebook and other GRIEF in Action tools at www.griefxtalk.com.