

Then / Now Safety Map

Why did this hit me so hard?

1 WHAT HAPPENED JUST NOW?

The moment was:

The cue I noticed:

- ☐ Tone ☐ Silence ☐ Criticism ☐ Distance ☐ Closeness ☐ Correction ☐ Conflict
☐ Delayed response ☐ Other: _____

2 WHAT DID MY BODY DO?

- ☐ Snapped ☐ Shut down ☐ Overexplained ☐ Tried to fix it ☐ Wanted to leave
☐ Went numb ☐ Tried to control it ☐ Needed reassurance
☐ Other: _____

3 WHERE HAVE I FELT THIS BEFORE?

This may have felt familiar because...

- ☐ Silence used to mean something was wrong ☐ Criticism used to mean shame or punishment
☐ Distance used to mean rejection ☐ Closeness used to mean control or obligation
☐ Mistakes used to feel dangerous ☐ Needing someone used to feel unsafe

The old warning sign was:

Then / Now Safety Map

continued

4 WHAT RULE SHOWED UP?

- ☐ Don't need too much ☐ Don't relax ☐ Don't trust kindness too quickly
- ☐ Don't make mistakes ☐ Fix it before it gets worse ☐ Leave before you're left
- ☐ Stay quiet so things don't escalate

My rule was:

5 WHAT'S DIFFERENT NOW?

Back then, I may not have had:

- ☐ Choice ☐ Support ☐ Safety ☐ Distance ☐ Language ☐ Protection ☐ Power

Now, what's different is:

6 WHAT CAN I DO NEXT?

This reaction was trying to protect me from:

One safer response I can try:

- ☐ Pause before answering ☐ Ask for clarification ☐ Take a short break
- ☐ Check the facts ☐ Say "I'm getting activated and need a minute" ☐ Repair afterward

My next step:

The goal isn't to erase the past. It's to notice when the past is running the present — so you can respond with more choice.