

## Recognizing Our Need For Safety And Security

Feeling safe and secure is important in life, and particularly in relationships. Indeed “security is about reassurance that connection and resources are and will remain available” and is crucial for relationship collaboration and intimacy (Chen, 2019, p. 43).

Use this worksheet to better understand what is needed to feel safe in daily life or at a stressful time.

**What could you do to help prevent yourself from getting stressed?**


**What could your partner do to help prevent you from getting stressed?**


**What could you do to calm yourself down once you are stressed?**

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**What could your partner do to calm you down once you are stressed?**

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**What can you do to reassure yourself of the relationship connection you have?**

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**What things could your partner do to reassure you of the relationship connection you have?**

### **References**

- Chen, A. (2019). *The attachment theory workbook: Powerful tools to promote understanding, increase stability & build lasting relationships*. Emeryville, CA: Althea Press.

Dr. Jeremy Sutton