

---

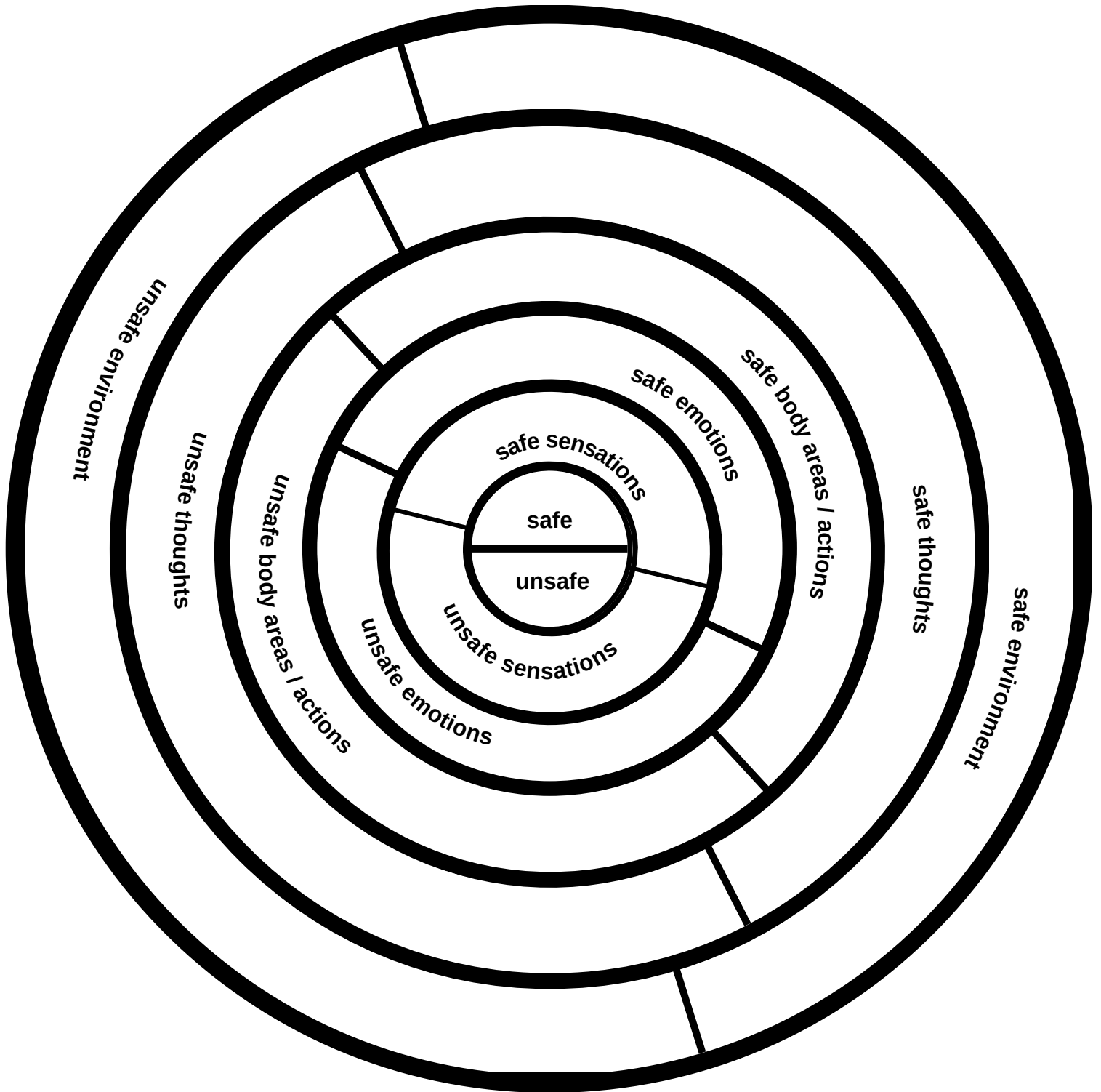
# THE SAFETY WHEEL™

## BASICS

---

A DIGITAL RESOURCE TO SUPPORT A PERSONAL  
EXPLORATION OF SAFETY & LACK-OF-SAFETY

# THE SAFETY WHEEL™



To us Safety matters because it's presence &/or absence effects our capacity for connection so directly. When we are able to cultivate Safety we are more capable of connecting deeply with ourselves & those whom we love & care.

But that's not the whole story...

If we desire to nurture & develop our capacity for connection, we have to be able to recognize, acknowledge & accept when our bodies are feeling Unsafe. When we don't we run a very real risk of causing harm both to ourselves & those we are in relationship with.

When we are Unsafe in ourselves we are Unsafe. Period.

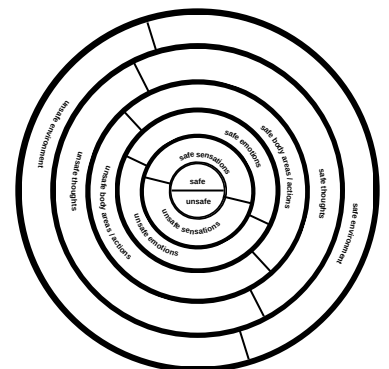
We recognize that for many Lack-of-Safety is constant, consistent & often ignored/suppressed/by-passed (by necessity or otherwise). We've witnessed time & time again how this reality creates cycles of harm in bodies, minds & relationships at both small & large scales.

We know that an important step to changing this reality in supportive ways has to be one of cultivating awareness of the states of Safety & Lack-of-Safety. We need to build our capacity to recognize what contributes to our states of Safety, Lack-of-Safety & the changes from one toward the other. The Safety Wheel™ is a tool designed to support us in tracking the nuance of these dynamic states in tangible ways.

Welcome & Thank You for engaging this work!

In Connection

Elden Vala & The The Safety Wheel™ Creation Team



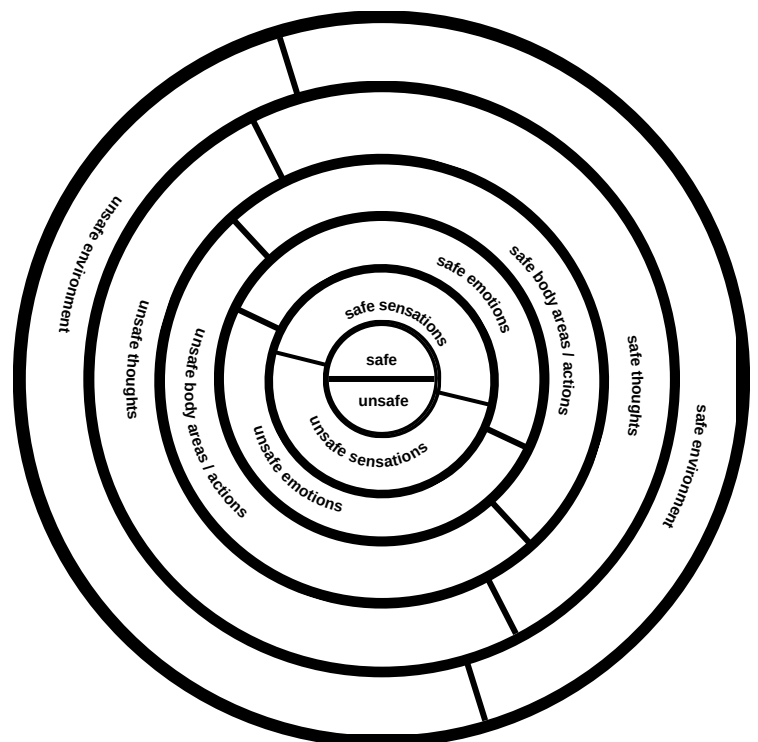
# THE SAFETY WHEEL

The Safety Wheel™ is a process & tool designed to supplement & support the work of relational development & self-reflection. Working with this process & tool is best approached from a baseline (or higher) awareness of one's sensations, emotions & thoughts as they pertain to Safety & Lack-of-Safety.

For those new to the work of relational development &/or self-reflection we recommend using the The Safety Wheel™ with the support & guidance of an experienced practitioner.

We also recommend the support & guidance of an experienced practitioner in using the The Safety Wheel™ for those who have unprocessed &/or substantial trauma.

The Safety Wheel™ is created & hosted through bodydweller.life we reserve all rights to this process & the materials connected to it. We also encourage you to share this free resource with any who might benefit from it & ask only that you credit bodydweller.life when doing so.



# SAFE & UNSAFE STATES

---

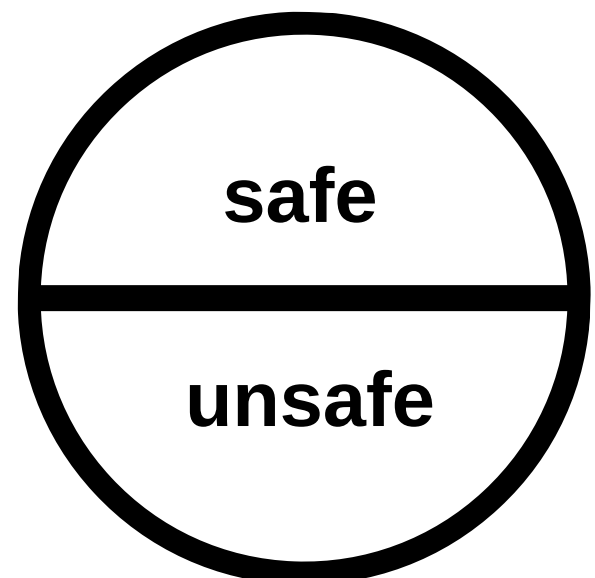
When we use the words Safe & Unsafe/Lack-of-Safety we are referring to states of being. As states Safety & Lack-of-Safety occur as reactions within our systems to internal & external stimuli. They are not choices, we do not have direct control over them per say.

What control we may have is that of cultivating awareness of the states presenting themselves & learning how to nurture the needs communicated within them. The Safety Wheel™ is a tool designed to aid in cultivating the awareness necessary to recognize the internal signaling's of the states of Safety & Lack-of-Safety at the levels of sensation, emotion, body area / action, thought & environment (we'll expand more on each of these sections in our recorded content, ecourse & facilitated containers).

As the creation team of The Safety Wheel™ we are using the word Safe to mean a state in which we feel at home & connected in our bodies, minds & spirits. We are using the word(s) Unsafe/Lack-of-Safety to mean a state in which something needs to change in order for us to feel at home in our bodies, minds & spirits.

That said... it is critical for us to acknowledge that personal experience(s) of Safety & Lack-of-Safety may be (& likely are) very different from individual to individual. We do not assume that our definitions are complete or even accurate for anyone else. Acknowledging the reality of experiential difference & centering it during the process of working with The Safety Wheel™ is vital.

To this end the first step of working with The Safety Wheel™ must be exploring & acknowledging what Safety & Lack-of-Safety mean to us individually. The prompts that follow are designed to support you in doing just that.



Gather together: a journal, a writing utensil, a quiet/distraction-free space, a timing device & 10-15 minutes of time.

Set a timer for 3 minutes. For the duration of that time complete the following sentence as many times as possible. Do your best to write continuously for the duration of the time with as little thought as possible.

Safety is \_\_\_\_\_

When you've completed the 3 minutes read through your list & notice how it feels to reflect on the contents of it, what comes up? Take note of anything that stands out.

Repeat the same process with the sentence:

Lack-of-Safety is \_\_\_\_\_

*This process is known as a "word association" process. It is a tool that has been shared by many people in many different ways. The particular persons that inspired the use of it here is Ayla Rose.*

*As a technology word associations supports us in gaining awareness of the ways that we experience a given topic from levels that reach beyond our surface concepts of what something is. Some of what comes out of us during the writing process may seem obvious, some of it may not.*

*It is often the surprising, non-standard &/or paradoxical associations that we find that can reveal to us the deepest (& sometimes hidden) truths of our experience.*

# THE SAFETY FIELD

We're using the words Safe & Unsafe/Lack-of-Safety to describe opposing poles of experience.

There may be times when we are (& feel) 100% safe.

There may be times when we are (& feel) 100% unsafe.

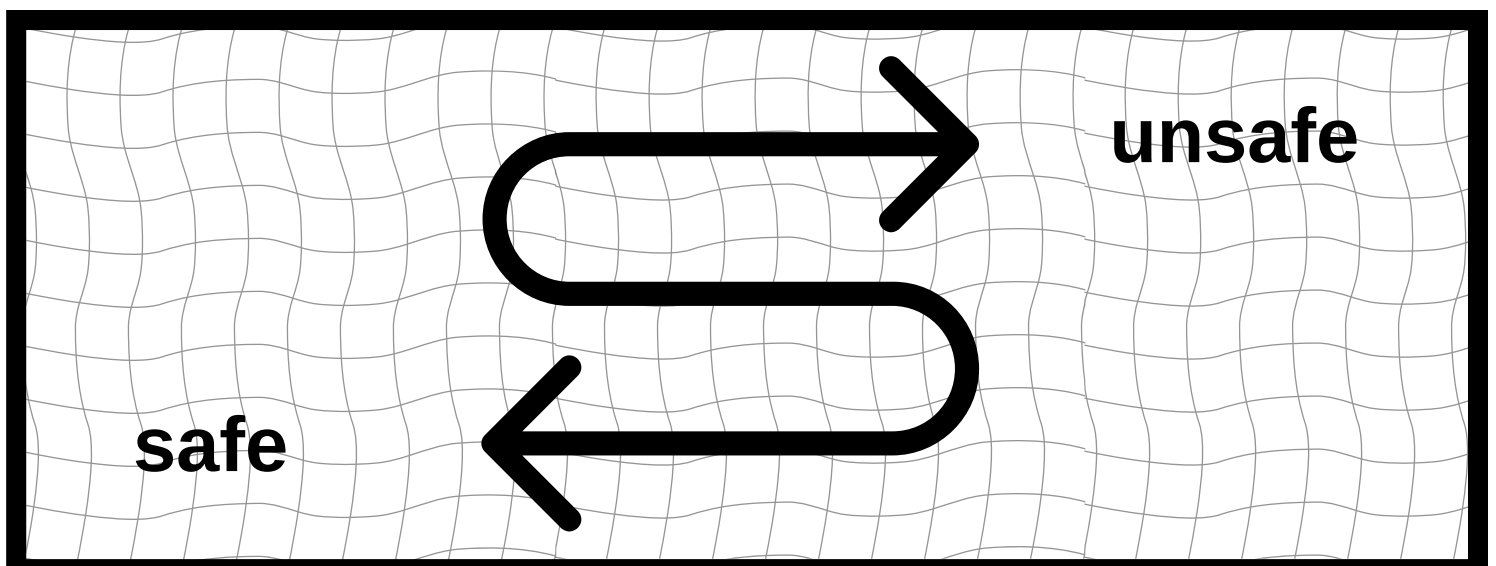
It is our belief (& experience) that our lives occur mostly in the field between these two poles. A field in which we are often experiencing levels of Safety & Lack-of-Safety simultaneously. We refer to this field as the Safety Field

This field is dynamic & in perpetual motion. What feels Safe &/or Unsafe can & may change. It can be confusing, overwhelming & difficult to track.

As a tool & process The Safety Wheel™ exists to support us in tracking our placement within the Safety Field as we traverse the experiences of our lives.

When engaging with this tool & process please remember:

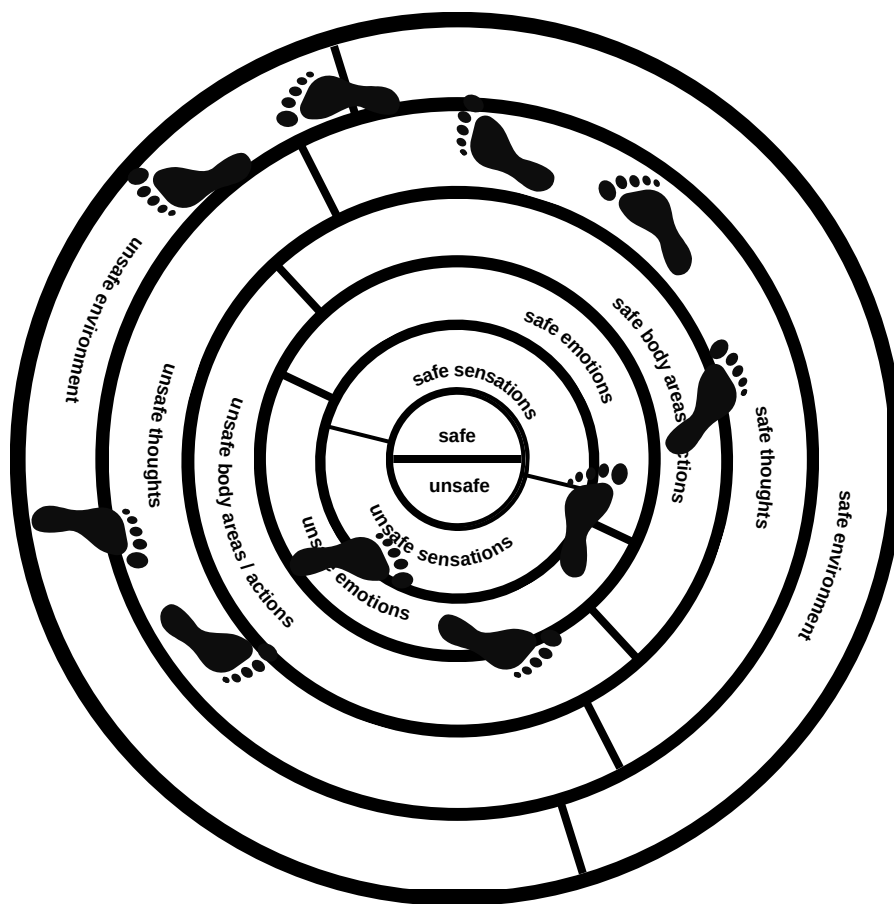
- The Safety Field is dynamic, in motion & constantly changing.
- There is no "wrong" or "right" placement within the Safety Field.
- Awareness can build capacity for conscious change within the Safety Field.



# TRACKING IN THE SAFETY FIELD

Engaging the Safety Wheel™ to track experience within the Safety Field is a dynamic process. There is not one singular right way or starting point.

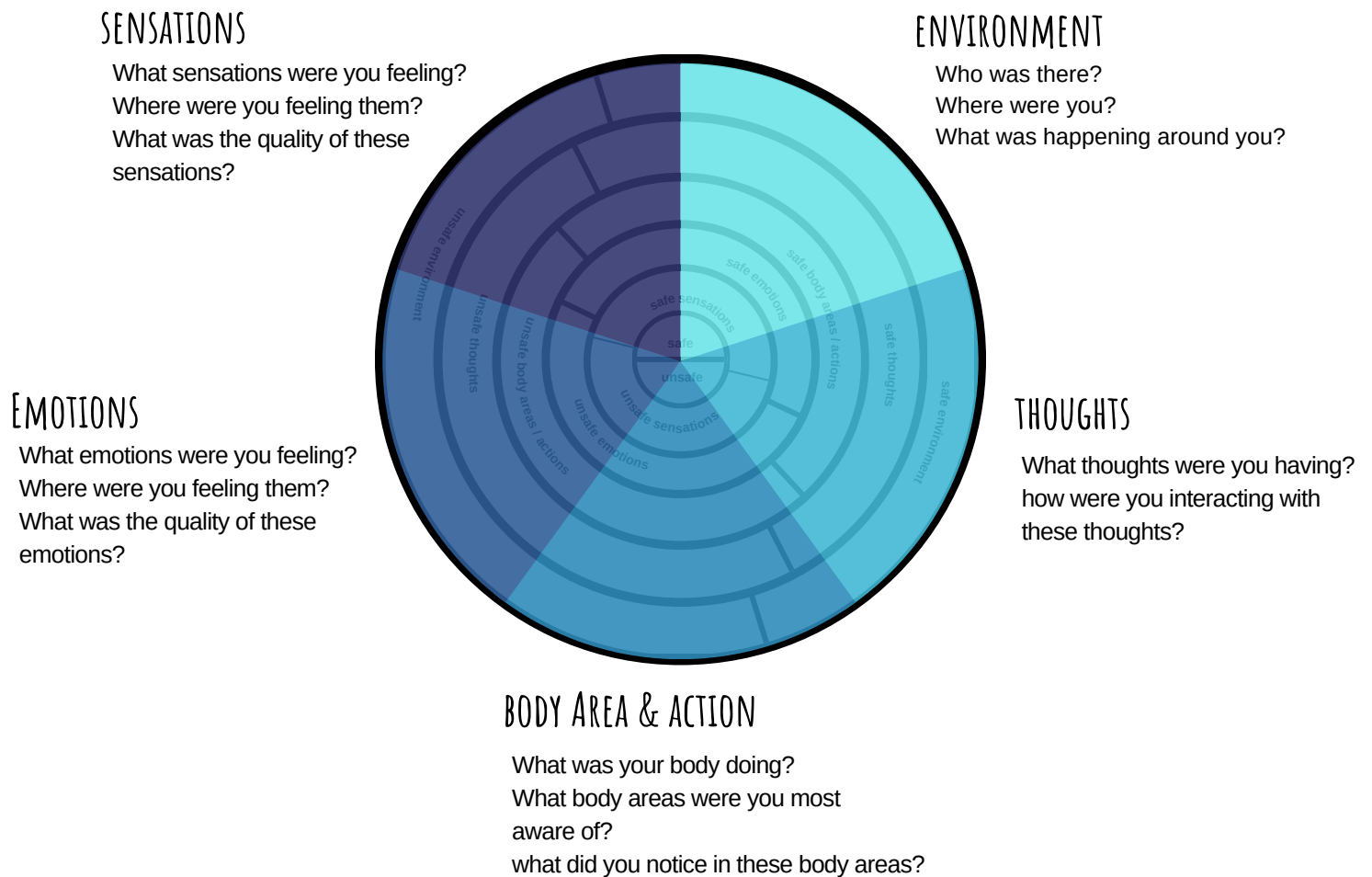
To use the Safety Wheel™ one must practice becoming aware of Safety & Lack-of-Safety as experiential states of being. This awareness practice can occur actively in a moment. It can also occur retrospectively in reflection after a given moment has come & gone. The tool can be used for either.



The chart on the following page is designed to support you in the tracking of your experience of Safety & Lack-of-Safety through the variables of the Safety Wheel™. We recommend cataloguing your experience in a written form to track the variables impacting your experiences of Safety & Lack-of-Safety. This cataloguing is aimed at building awareness of the variables impacting you specifically as an individual as you navigate the Safety Field.



# TRACKING EXPERIENCE



These questions are gateways of exploration for the variables of The Safety Wheel™. It is likely that there are many-many other questions that are worthwhile to consider in any given situation.

In the beginning of your tracking practice we recommend focusing your attention on aspects of The Safety Wheel™ that feel most accessible/obvious to your awareness. Track as much detail as you feel ready to beginning from the most access point(s) & expand out to the aspects of the wheel that feel less accessible.

*\*Reminder: all aspects of The Safety Wheel™ are dynamic, in motion & changing. Part of the exploration of the The Safety Wheel™ is bringing awareness to the consistent shifting that is inherent to the Safety Field.\**

If you feel like you need &/or desire assistance/guidance in tracking please reach out to set up a [discovery call](#) via the links at [bodydweller.life](http://bodydweller.life) we offer personalized 1:1 containers for this work.