

Safe Again

Volume 1

A Healing-Centered Parent & Child

Interaction Workbook

Emotional Safety Foundations

BY DR. JANET OLIVARES

Live Edition: fill in the blanks using an iPad or computer



PARENT RESPONSE COLOR



CHILD RESPONSE COLOR



Safe Again Volume 1

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Scripture quotations are taken from the Holy Bible, New International Version (NIV), unless otherwise noted.

Safe Again

Volume 1

**A Healing-Centered Parent & Child Interaction Workbook
Emotional Safety Foundations**

BY DR. JANET OLIVARES



Glorybound Publishing
Camp Verde, Arizona USA
in the year 2026

◀ DISCLAIMER ▶

This workbook was created to support emotional awareness, healthy communication, family connection, and healing-centered interactions between children, parents, and families.

The material within this workbook is educational and faith-based in nature and is not intended to diagnose, treat, or replace professional medical, psychological, psychiatric, or legal services.

Families participating in this workbook are encouraged to seek appropriate professional support when needed, especially in situations involved:

- abuse
- self-harm
- suicidal thoughts
- severe mental health concerns
- domestic violence
- addiction
- unsafe living environments
- or legal/court-related matters requiring licensed professional intervention

This workbook is designed to encourage:

- emotional safety
- accountability
- healthy boundaries
- calm communication
- nervous system regulation
- emotional healing
- and family reconnection

Participation in this workbook should always occur in emotionally and physically safe environments.

The goal of this workbook is not blame, shame, or forced reconciliation.

The goal is to help families:

- slow down emotionally,
- understand one another more clearly,
- rebuild trust safely,
- and create healthier patterns of communication and connection over time.

Healing and reunification are processes that often require patience, consistency, emotional safety, and support.

SAFE AGAIN

A Healing-Centered Parent & Child Interaction Workbook

Supporting Emotional Safety, Healthy Communication, Accountability, and Family Reconnection After Trauma, Conflict, and Separation

- Rebuild Trust
- Improve Communication
- Create Emotional Safety
- Heal Family Conflict
- Strengthen Parent & Child Relationships
- Develop Healthy Boundaries
- Practice Accountability Without Shame
- Restore Hope and Connection

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559-478-6077

www.raphaccc.org

info@raphaccc.org

DEDICATION

This workbook is dedicated to children, parents, grandparents, stepparents, and families carrying silent pain while longing for peace, understanding, and reconnection.

*To every child who has felt unheard, unsafe, overwhelmed, or emotionally alone:
may you discover that your feelings matter, your voice has value, and healing is possible.*

*To every parent carrying guilt, frustration, exhaustion, or fear:
may you find grace, wisdom, and hope as you learn new ways to build emotional safety and connection within your family.*

*To the families trying to rebuild after conflict, separation, trauma, misunderstanding, or emotional distance:
may this workbook become a place where healing conversations begin again.*

Healing does not happen through fear or perfection.

Healing happens one safe conversation at a time.

*With compassion and hope,
—Dr. Janet Olivares*



INTRODUCTION

Families today are carrying more emotional pain, stress, conflict, fear, and disconnection than many people realize.

Some families are trying to heal after:

- divorce
- separation
- trauma
- conflict
- emotional distance
- blended family changes
- court involvement
- loss of trust
- or years of feeling misunderstood

Many children feel unheard, overwhelmed, emotionally unsafe, or unsure how to explain what is happening inside them.

Many parents feel exhausted, blamed, frustrated, heartbroken, or afraid of losing connection with their children as conflict continues growing over time.

Too often, families become trapped in cycles of:

- yelling
- shutting down
- blame
- defensiveness
- fear
- emotional distance
- dishonesty
- or repeated hurt

This workbook was created to help families begin again.

- Not through shame
- Not through fear
- Not through perfection

But through emotional safety, accountability, healthy communication, and healing-centered connection.

Safe Again was designed as a parent and child interaction workbook to help families:

- slow down emotionally
- understand the feelings underneath behaviors
- learn healthier ways to communicate
- rebuild trust
- calm overwhelming emotions
- and reconnect safely over time

This workbook teaches that:

- behavior is often communication,
- emotions are important,
- accountability can happen without shame,
- and healing grows when people begin feeling emotionally safe enough to tell the truth and listen with compassion.

Each week will guide families through:

- emotional teaching
- family discussions
- reflection exercises
- nervous system calming tools
- communication practice
- accountability exercises
- and trust-building activities

This is not about creating perfect families.

It is about helping families create safer, healthier, calmer, and more connected relationships one conversation at a time.

- Healing happens slowly
- Trust rebuilds slowly
- But healing is possible

How to Use This Workbook

This workbook was created to help children, parents, caregivers, and families build healthier emotional connection through emotional safety, calm communication, accountability, healing, and reconnection.

Some families using this workbook may be:

- rebuilding trust
- healing from conflict
- adjusting to separation or divorce
- working through emotional hurt
- learning healthier communication
- reconnecting after emotional distance
- or strengthening already healthy relationships

This is not a workbook about blame or punishment.

This is a healing-centered workbook designed to help families:

- slow down emotionally
- understand what is happening underneath behavior
- build emotional safety
- improve communication
- strengthen connection
- and practice healthier ways of interacting together

Each session includes:

- emotional teaching
- reflection questions
- family interaction activities
- nervous system calming tools
- practical communication exercises
- and healing-centered discussions

Families are encouraged to move through the workbook at a steady and emotionally safe pace.

Some sessions may bring up:

- emotions
- memories
- grief
- frustration
- sadness
- or difficult conversations

That is okay.

Healing often happens through honesty, patience, emotional safety, and continued healthy connection over time.

You do not need perfection to benefit from this workbook.

Growth happens one safe step at a time.

Take breaks when needed.

Slow conversations down when emotions become overwhelming.

Return to emotional safety often.

The goal is not to become a perfect family.

The goal is to create a healthier family environment where:

- people feel heard
- emotions are respected
- communication becomes safer
- accountability is healthy
- and connection continues growing over time

May this workbook help your family move toward:

- healing
- emotional safety
- understanding
- calmer communication
- and stronger connection one safe conversation at a time

**TABLE OF CONTENTS FOR THE SAFE AGAIN PROGRAM
INCLUDES VOLUME 1 AND 2. BOTH ARE NEEDED TO
COMPLETE THE PROGRAM.**

VOLUME 1 INCLUDES:

PART 1 — Emotional Safety Foundations

1. Creating Emotional Safety Again
2. Understanding Hurt Beneath Behavior
3. Healthy Communication Without Blame
4. Rebuilding Trust One Safe Step at a Time
5. Learning Calm During Big Emotions
6. Repairing After Conflict
7. Understanding Boundaries and Emotional Safety
8. Learning Honesty Without Fear

VOLUME 2 INCLUDES PART 2 AND 3:

**PART 2 & 3 — Understanding Deeper Emotional
Wounds & Moving Forward with Healing and
Connection**

PART 2 — Understanding Deeper Emotional Wounds

1. Healing Childhood Hurt
2. Understanding Fear and Emotional Protection
3. When Families Feel Emotionally Stuck
4. Grief, Loss, and Emotional Disconnection
5. Understanding Loyalty Conflicts and Emotional Pressure
6. Understanding Shame, Identity, and Self-Worth
7. Relearning Safe Connection

PART 3 — Moving Forward with Healing and Connection

8. Rebuilding Parent and Child Relationships
9. Healthy Accountability Without Shame
10. Creating a Safer Family Culture
11. Rebuilding Hope After Emotional Hurt
12. Moving Forward with Healing, Growth, and Connection

Facilitator Guide

Certification of Completion



SAFE AGAIN

Introduction

How to Use this Workbook

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Structure Overview

The Safe Again Principles

PART 1 — Emotional Safety Foundations

- 1- Creating Emotional Safety Again
- 2- Understanding Hurt Beneath Behavior
- 3- Healthy Communication Without Blame
- 4- Rebuilding Trust One Safe Step at a Time
- 5- Learning Calm During Big Emotions
- 6- Repairing After Conflict
- 7- Understanding Boundaries and Emotional Safety
- 8- Learning Honesty Without Fear

Author Credentials

**Certificate of Completion is at the end of Volume 2*

PART 1 — Emotional Safety Foundations

CHAPTER 1

Creating Emotional Safety Again

Truth to Remember

Healing begins when people feel emotionally safe enough to be honest, calm, and understood.

Focus

This session helps families begin understanding emotional safety, nervous system reactions, and the importance of creating calm, safe communication during stressful moments.

Scripture

Everyone should be quick to listen, slow to speak and slow to become angry. — James 1:19

Before We Begin (Heart Check)

Sometimes families want healing, but emotions feel too big, too painful, or too overwhelming to talk about safely.

Before starting this session, take a moment to slow down and answer honestly.

Child Reflection

When conflict happens in my family, I usually feel:

nervous	unheard
angry	overwhelmed
afraid	sad
confused	emotionally alone
blamed	shut down

Something I wish adults understood about me:

Parent Reflection

When conflict happens in our family, I usually feel:

frustrated	emotionally overwhelmed
exhausted	defensive
worried	afraid of losing connection
helpless	misunderstood
blamed	unsure what to do

Something I wish my child understood about me:

Emotional Teaching Moment

What Is Emotional Safety?

Emotional safety means people feel:

- heard
- respected
- calm enough to talk
- emotionally accepted
- and safe expressing feelings without fear of humiliation, screaming, rejection, or emotional harm.

Children and adults communicate best when they feel emotionally safe.

When emotional safety is missing, people often:

- yell
- shut down
- lie
- become defensive
- avoid conversations
- become emotionally distant
- or react before thinking.

Many families are not trying to hurt each other.

Many families are reacting from:

- stress
- fear
- hurt
- emotional overload
- or past experiences that still feel painful inside.

Healing begins when families stop asking:

“Who is the problem?”

Parent Response:

Child Response: