

Remembering Love

Relational Safety Map

This worksheet invites couples to explore and name what helps them feel safe, connected, and emotionally supported in their relationship. Use this map to build mutual understanding around your needs, boundaries, and soothing strategies - especially when things feel tense or triggering.

Name(s):

Date:

1. What Does Safety Look and Feel Like to You?

Think about moments when you've felt emotionally safe with your partner or others. Describe what safety looks like, feels like in your body, and sounds like in words or tone.

2. What Feels Unsafe or Triggering for You?

Identify situations, behaviors, or words that feel unsafe or overwhelming. This is not about blaming, but about understanding how each of you responds to emotional stress.

3. What Helps You Feel Grounded and Reconnected?

List activities, words, types of touch, or ways of being that help you feel soothed when upset or disconnected. Include both things you can do yourself and things your partner can offer.

4. Co-Creating Our Safety Plan

Together, summarize what each of you needs for emotional safety and connection. This might include daily check-ins, consent signals, timeout words, or simple rituals. Detail your shared plan below: