



**DEEP ROOTS**

FAMILY  
THERAPY

## *10 Ways to Create Safety in Marriage: A Guide for Healing and Connection*



This guide offers faith-based activities to help couples rebuild emotional and relational safety – especially when trust has been damaged or communication has broken down. Each activity can be adapted for use in counseling, coaching, or individual reflection

## *1. Emotional Safety Practices*

### **The “No Punishment” Conversation Rule**

Set an agreement that when one person shares honestly, the other will not interrupt, defend, or retaliate. Each partner shares one thing that has felt unsafe emotionally in the relationship. The listener repeats what they heard and says, "Thank you for sharing that with me." No explanations, just acknowledgment.

### **Daily Emotional Check-In (5-Minute Ritual)**

Before bed or over. Coffee, each partner answers: (1) What went well today between us? (2) What felt hard or distant? (3) How can we support each other tomorrow? This builds a rhythm of honesty without crisis.

### **Create a “Calm Signal”**

Agree on a simple nonverbal cue (like touching your heart or raising a hand) that means, “I’m overwhelmed – I need a pause.” This prevents escalation and builds trust that both people’s nervous systems matter.

## *2. Physical & Environmental Safety*

### **Separate Spaces for Reflection**

Encourage creating a calm corner or prayer space – a place for each spouse to de-stress, pray, or self-regulate. When people have peaceful spaces, they’re less reactive.

### **Safety Plan for Conflict**

If arguments escalate, pre-decide what happens: who calls a time-out, where each person goes, and when they reconnect. Having a plan prevents harm when tension rises.

## *3. Spiritual Safety*

### **“Shared Surrender” Prayer Practice**

Each person takes turns praying for themselves. rather than about the other. For example: “Lord, help me listen to with compassion.” This shifts the focus from blame to humility and invites God into the center safely.

### **Scripture Reflection Together**

Read verses about peace, gentleness, and love (e.g., James 3:17, Psalm 34:14). Ask, “What does this mean for how we treat each other today?” It reframes Scripture as a mirror, not a weapon.

## *4. Relational Structure & Boundaries*

### **The “Ownership Exercise”**

Each spouse writes down what they are responsible for – their emotions, tone, and actions. Then share: “This is what I can own.” No one lists what the other should change.

### **Rebuilding Trust Jar**

Place a jar in a visible spot. Every time one partner acts in a trustworthy way (keeping a promise, staying calm, following through), the other adds a small stone or note. It becomes a visual symbol of safety being rebuilt.

## **“What Safety Looks Like for Me” Worksheet**

Each person completes:

1. I feel safe when...
2. I feel unsafe when...
3. One thing you could do that would help me feel safer is...

Review and commit to one change each week.

### **Gentle Note for Destructive Marriages:**

In confusing or destructive marriages, safety-building may not be mutual until harmful behaviors stop. In these cases, focus on individual safety, grounding, and seeking support – not shared activities. God’s heart is for truth, peace, and protection.

For more faith-based guidance and practical tools to build safety and healing in your marriage, visit [www.deeproofsft.com](http://www.deeproofsft.com) -- where hope and truth take root.