

■ Safe Space Journal Prompts

A Healing Guide for Rick

This journal is your personal safe space — a place to reflect, heal, and rediscover your sense of safety.

Take your time with each prompt. There are no wrong answers, only your truth, your voice, and your healing journey.

Let this guide remind you that safety, love, and peace are possible for you.

1. Describe a time recently when you felt truly safe. What made that moment possible?
2. If you could design your perfect safe space, what would it look like, smell like, and sound like?
3. Write about a person in your life who makes you feel secure. What do they do that helps you feel safe?
4. What boundaries have you set, or do you want to set, to protect your emotional wellbeing?
5. Think of a time when your voice was heard and respected. How did that feel?
6. List three comforting rituals you can do when you feel overwhelmed or unsafe.
7. Write a letter to your younger self, telling them they are safe and loved now.
8. What physical sensations in your body tell you that you are safe?
9. If fear wasn't holding you back, what would feeling safe allow you to do right now?
10. Describe your ideal day in a world where you feel fully safe and supported.
11. Write about a safe relationship you have (or want to have) and what makes it different from harmful ones.
12. What music, scents, or places help you feel calm and protected?
13. Describe a boundary you enforced recently and how it helped you feel secure.
14. Write about a time when you felt unsafe but overcame it. What gave you the strength to keep going?

15. Imagine building a 'safety toolkit' for yourself. What people, actions, or objects go inside it?
16. What does safety mean to you today versus what it meant in your past?
17. Who in your life today would you call if you needed comfort and reassurance?
18. Write about a dream or goal that represents reclaiming your safe, authentic life.
19. How can you create small safe spaces for yourself at home, work, or in nature?
20. What daily affirmation reminds you that you deserve safety and peace?
21. What colors, images, or textures make you feel safe and at ease?
22. Write about something you've done recently that protected your heart or mind from harm.
23. What coping strategies help you feel more grounded during anxiety or fear?
24. Describe a future moment where you imagine yourself free from fear and surrounded by love.
25. What would you say to someone else who has survived unsafe environments to help them heal?

■ *Take a deep breath. You are safe here.*