

A SAFE PLACE..... is where

- ☞ you are accepted for yourself
- ☞ your feelings are validated
- ☞ people listen to you
- ☞ other people are real with you
- ☞ there are clear & appropriate boundaries
- ☞ talking is straight and open
- ☞ your humanity is supported
- ☞ people are honest
- ☞ what goes on is open, not hidden
- ☞ expectations are spoken clearly
- ☞ confidence is respected
- ☞ people mean what they say