Emotional Safety

A PRACTICAL GUIDE



M.A.P. • THE MIND - AWARENESS - POWER PROGRAM

Emotional Safety Worksheet

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> **The Intention:** Everything we expose ourselves to has a psychological, emotional, and mental impact on us. If we are not paying attention, these external influences can trigger stress, overwhelm, and impact us in ways we are not consciously aware of. Use this worksheet to take an inventory of your baseline, map out your triggers, and reclaim your power step toward peace and safety.

Step 1: Awareness Step (Taking Inventory)

Review the common areas of environmental and psychological exposure below. Check the categories that you notice have a heavy, draining, or triggering impact on your emotional state, especially when your overall capacity is lowered (e.g., after a long day at work, when sleep-deprived, or during hectic holiday seasons).

- ☐ **The News & Media:** Constant consumption of daily news cycles, current events, or global crises.
- ☐ **Media & Violence:** Graphic TV shows, violent movies, intense dramas, or distressing internet content.
- ☐ **Audio & Music:** Certain genres, lyric types, or heavy background noise that shifts your mood negatively.
- ☐ **Social Circle:** People around you who lean heavily negative, complain frequently, or use harsh communication/cursing.
- ☐ **Physical Environment:** Disorganization, lack of cleanliness, or untidy living and working spaces.
- ☐ **Family & Holiday Dynamics:** High-stress environments surrounding relatives, obligations, or family events.

Reflecting on the list above, what specific daily exposures make you feel emotionally heavy or depleted?

In what specific scenarios is your psychological capacity lowest? (e.g., "After work on Tuesdays," "When I get less than 6 hours of sleep")

Step 2: Acceptance Step (Acknowledging Your Baseline)

Acceptance is about recognizing exactly where you are without judgment. Complete the sentence starters below to acknowledge your current baseline truth.

1. Identify the trigger:

Sometimes I think I might be impacted or triggered by

_____

2. Normalize and offer self-compassion:

...and that's okay because _____

_____

3. Clarify your immediate awareness:

Right now, when my emotional capacity or tolerance is lowered, I notice that I

_____

_____

Step 3: Action / Power Step (Protecting Your Space)

Your power lies in setting boundaries around what you allow into your psyche. Outline actionable steps below to shift your daily environment toward safety, joy, and peace.

My Power Step for Media/News consumption is to:

(Example: Set a fixed schedule to check the news once daily instead of leaving it running in the background.)

My Power Step for managing my physical/social environment is to:

(Example: Tidy my desk before ending work, or limit phone time with highly negative individuals.)

Moving forward, when I know my capacity is low, I will protect my space by:

"You take responsibility for your own peace, safety, and joy." • Sunshine Living Programs