

Safety words

present	connected	still	secure
happy	joy	freedom	assured
immune	brave	energetic	motivated
fun	playful	capable	determined
nostalgic	vulnerable	choice	expansive
fulfilled	awe	gentle	harmony
hope	certainty	bop	sway
calm	acceptance	optimistic	ambitious
understood	acknowledged	validated	normal
affirmed	assertive	accurate	authentic
compassion	affection	believed	loved
desire	respect	legitimate	ready
humble	friendly	close	attached
warmth	responsible	importance	valued
restraint	excited	aware	rhythmic
invincible	powerful	peace	achievement
growth	quiet	curious	empathy