

SELF-DISCOVERY AND GROWTH



Reclaiming Yourself after Trauma & Grief

A GENTLE GUIDE TO SAFETY, NEEDS
& SELF CONNECTION

SIMPLE TIPS & TOOLS TO HELP YOU
RECLAIM YOURSELF

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INTRODUCTION

Healing from trauma or grief isn't about going back to who you were. It's about reclaiming who you are now.

“Safety, boundaries, and needs don’t return overnight. They are rebuilt gently, step by step.”

This guide offers a simple starting place: a grounding practice, reflection prompts, and a way to begin reconnecting with your safety needs.



REFLECTION PROMPTS

Safety Today...

When was the last time I felt safe, even for a moment?

What helped me feel that way?



Redefining Safety.....

What does “safety” look like, sound like, or feel like in my life right now?

REFLECTION PROMPTS

Needs Check-In.....

What do I need more of right now?

What do I need less of?



Safety Needs and their Boundaries.....

Where is one unmet need in my life that is quietly asking for attention?

GROUNDING EXERCISE

TRY THIS WHEN YOU FEEL OVERWHELMED.



- 5
- 4
- 3
- 2
- 1

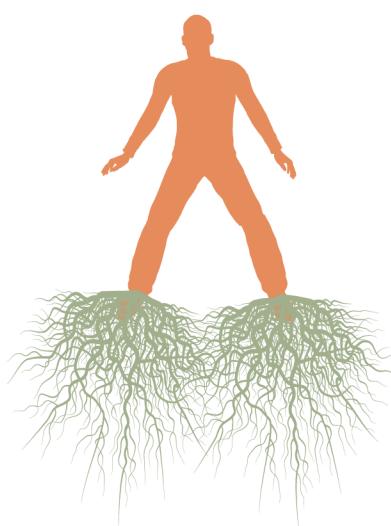
Name 5 things you can see.....

Name 4 things you can touch....

Name 3 things you can hear.....

Name 2 things you can smell.....

Take 1 slow, deep breath.....



This helps reset your nervous system and bring you back to the present when memories or emotions feel overwhelming.

MINI NEEDS PRACTICE

Name one safety need that feels most important to honour this week?

Ask yourself: What small step could I take to meet that need, or to communicate it clearly?

Acknowledge yourself for noticing it.
That act alone is self-respect.



THE DEEPER WORK

This brief guide is only a starting place for reconnecting with safety and needs after trauma or grief.

Questions this raises:



- What does safety look like for you now, and how can you begin honouring it?
- Which of your needs have been overlooked, and what happens when you start naming them?
- How do you say no without fear of conflict or abandonment?
- What helps you rebuild trust with yourself and others after loss or betrayal?

If you're ready to explore how these insights apply to your life, there are several ways to go deeper with me:

Individual Discovery Session

Uncover your personal safety needs and learn how to communicate them clearly.

Couples Session

Understand how trauma, grief, and unspoken needs impact your relationship and how to rebuild connection together.

The Proactive Needs & Boundaries Method™

Ask me about my unique framework and how it can help you reclaim your foundations and your voice.

Trauma and grief reshape you.

The real work is discovering who you are now, and how to live from that truth with safety, clarity, and connection.



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