

Safety Scale:

0 - not safe at all; can't tell my partner anything; I live my life independently and separately from my partner; living like roommates; no emotional connection; absolute fear and terrified of bringing anything up; DO NOT rock the boat

1 - barely safe; I can maybe let my partner into one area of my life, but it is one that I would be okay getting their opinion on/perspective on because it feels the least confrontational or likely to lead to issues/problems/harsh tones; no emotional connection; mostly separate lives, except for some minor check-ins (either about kids or logistical things); scared, fearful of bringing things up; moderate anxiety

2 - minimal safety; I can tell my partner minimal complaints about the relationship, but nothing big or perpetual (ongoing issue) or that emotionally open; I can let my partner in on a little more in my life outside of the home or what goes on for me at home; some emotional connection; fearful, mild anxiety, discomfort

3 - moderate safety; I can share a perpetual issue that is getting me stuck/preventing progress in establishing safety; more open emotionally, but still not fully connected; letting my partner in on more in my life and what I experience on a emotional level, daily; fearful still of bringing things up, but also experiencing some very minor anxiety and discomfort

4 - fairly safe/mainly safe; I can start addressing past hurts with my partner in the relationship and stepping into perpetual issues safely; addressing new issues/problems that arise, for the most part; still some fear that may be preventing bringing things up; opening up emotionally in several areas; fairly emotionally connected (noticing a considerable difference)

5 - safe; safe enough; we are not striving for perfection here or being safe in everything because living in absolutes can create issues over time and we are trying to prevent that here; I can talk to my partner about most things including issues in the relationship, upsets that occur, what goes on in my life; I can disclose emotional things without fear, mostly; no avoidance in conflict; emotionally connected to my partner