A PAUSE, A PRACTICE, A NEXT STEP

Trust

Trust can grow at a pace that respects your safety.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Start with a small choice

In a relationship that feels safe, choose a low-stakes request or a little sharing. There is no need to disclose painful details.

01 / Notice and reflect

What behavior helps me feel safe?

02 / Notice and reflect

What access feels right today?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for help when fear or past hurt blocks wanted connections. For ongoing harm, prioritize safety and use Crisis Support resources.

Read more: NIH · Social wellness

More tools and immediate support: Our Healing Room / Crisis Support.