

FELT SAFETY

MORE THAN BEING SAFE



Felt safety is not only the absence of danger. It is the presence of trust, predictability, and connection.

CORE ELEMENTS OF FELT SAFETY

Predictability

Knowing what to expect reduces fear and stress.

Connection

Feeling seen, heard, and understood leads to felt safety.

Presence

A regulated adult helps others feel secure.

Protection Without Threat

Boundaries and support should feel steady, not scary.



What felt safety looks like:

- Warm tone of voice
- Consistent routines
- Clear expectations
- Respectful boundaries
- Emotional availability
- Safe spaces to ask for help

What disrupts felt safety:

- Unpredictability
- Yelling or harsh reactions
- Shame or embarrassment
- Mixed messages
- Chaos or sudden changes
- Being ignored or dismissed

When people feel safe, they can learn, focus, connect, regulate emotions, and grow.