



EMOTIONAL SAFETY

A safe person:

- Stays engaged and connected.
- Is patient rather than prone to angry outbursts, fiery emotions, or defensiveness.
- Will not shut down, respond passively, or draw away from conversations (if you don't listen to your spouse's dreams, someone else will).
- Will not interrupt, argue, or respond with contempt (condescending remarks) or sarcasm.
- Will not criticize another's feelings or try to "fix" things but will be empathetic.
- Refuses to judge the motives of others and tries to give the benefit of the doubt.
- Will not try to convince others that they are wrong.
- Makes the other person feel honored, valued, and understood.
- Can be trusted to maintain confidentiality.