

Safety Checklist

Ask these questions when you think you will receive the truest answers.
Record them for future reference.

- Do you feel safe right now? (this moment)
- What makes you feel safe? (certain people, objects, etc.)
- What do you keep with you that makes you feel safe or loved? (teddy bear, pillow or blanket, locket, pictures)
- How can I help you feel safe?
- What frightens you?
- What is your favorite thing to do?
- Does anything frighten you at night?
- Does anything frighten you about being here (when child is in residence) at night?
- Is there anyone working here who makes you feel safe?
- What do you do when you feel scared?
- Is there anyone here who frightens you?
- Do you notice any changes within your body when you become frightened? (heart rate, upset stomach, headache, etc.)
- How would your life be different if you felt really safe?
- What causes you to become angry? (or sad, happy, depressed, etc.)
- What do you think will happen to you when you become frightened?
- What do you think about most of the time?
- Is there anyone who you fear will hurt you right now?
- Does anyone here remind you of someone who hurt you before?
- What do you do when you become disappointed?
- Do you ever tell yourself that you're a bad person?
- What do you say to yourself about who you are when you are sad or disappointed? (This is an important question that bears repeating.)
- Would you like to say something different about yourself when you become sad or disappointed?

Adapted from: Brohl K. *Working with Traumatized Children, A Handbook for Healing*. CWLA Press, '96.