

MODULE 2 TOOL: SAFETY BUILDING DAILY PRACTICE

Creating the Foundation for Vulnerability

WHAT IS SAFETY?

Safety = Your spouse believes their vulnerability will not be weaponized, their feelings will not be judged, and you genuinely care about understanding them. Safety is built through 1,000 small moments — not one perfect conversation.

PRACTICE 1: MICROAFFIRMATION (Morning or throughout the day)

Choose ONE person per day to validate. Your microaffirmations this week:

Mon:

Mon: _____ Tue: _____ Wed: _____ Thu: _____

Thu:

Fri: _____ Sat: _____ Sun: _____

PRACTICE 2: DEEP LISTENING (During any conversation)

- ✓ Body language: Face them, open posture, relaxed shoulders
- ✓ Eyes: Make gentle eye contact (not staring)

I will practice deep listening with my spouse when they share:

PRACTICE 3: VALIDATION (After they share something difficult)

- ✗ DO NOT say: "You shouldn't feel that way" or "I don't think that's true"
- ✓ DO say: "That makes sense" or "Given that experience, I understand why you feel that way"

Write out validations you will practice:

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WEEKLY SAFETY CHECK-IN (Every Sunday)

On a scale of 1–10, how safe do you feel in this marriage?

You: _____ Spouse: _____

What made you feel MORE safe this week?

What made you feel LESS safe this week?

What ONE thing could I do next week to help you feel safer?
