



The SAFE Model Worksheet

A Practical Guide to Building Emotionally Secure Relationships

What is the SAFE Model?

The SAFE Model is a structured approach to help you understand, process, and change patterns rooted in childhood attachment wounds.

Use this worksheet to reflect and set intentional steps toward healthier connections.

S – Self-Awareness

Recognize your patterns and triggers.

Reflection Questions:

- When do you notice yourself feeling drawn to emotionally unavailable partners?
- What specific situations tend to activate these feelings?
- What thoughts and beliefs come up when you're in these dynamics?
- How does this show up in your body (e.g., tension, restlessness, numbness)?



120 Eglinton Avenue East, 202A, Toronto, ON, M4P 1E2

905-439-6734

info@getreconnected.ca

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Action Step:

Describe one recent situation where you noticed this pattern. What did you feel, think, and do?

A – Acceptance

Acknowledge where these patterns began.

Reflection Questions:

- How did your early relationships teach you about love and connection?
- What did you learn about expressing needs and emotions?
- What beliefs about yourself were shaped by these experiences?

Action Step:

Write a brief statement of acceptance. For example:

"I recognize that this pattern was a way to protect myself. It is not my fault, but it is my responsibility to heal."



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F – Framework of Needs

Identify and define your core relationship needs.

Needs Checklist:

Review this list and check those that resonate:

- Consistency
- Emotional availability
- Clarity about commitment
- Mutual respect
- Physical affection
- Shared goals and values
- Honesty and transparency

Action Step:

Choose two needs you want to prioritize in your current or future relationships. Write them here:

1. _____
2. _____

E – Empowered Choices

Practice making decisions that honour your needs and boundaries.

Reflection Questions:



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- What boundaries will help protect your well-being?
- How can you communicate your needs clearly and respectfully?
- What situations or relationships might you need to step back from?

Action Step:

Write one statement you can use to communicate a boundary or need. For example:

"I value clear communication. If that isn't something you can offer, this relationship may not be a good fit for me."

Progress Notes

Use this space to document insights, challenges, and progress over time.



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