

SAFETY NET

Meeting sexual trauma through relational safety: how to be with someone when it enters the room.

"We are fundamentally challenging the relational wound through relational safety."

The wound often carries the felt sense that "my choice didn't matter." The response is relational: your experience matters, your choices matter, there is room for you here.

LEVEL 1 · ATTUNEMENT

S·A·F

We care about your experience.

S Slow down

Slow your own urgency, not only the pace. Notice before you act.

A Attune

Where are they, and what do they need right now? Noticing isn't knowing.

F Find the impact

"What is it like to share and to be with this right now?"

LEVEL 2 · AUTONOMY

E·T·Y

Your needs and choices shape what happens.

E Establish autonomy

Their preferences have real consequences: they can decline, stop, change direction, or choose silence.

T Track your agenda

Notice your wish to fix, go deeper, or get a response. "If we have an agenda they will feel it."

Y Yield to their autonomy

Let their answer change what happens. If they decline, stop. If they prefer listening, listen.

LEVEL 3 · EXPLORATION

N·E·T

If wanted and appropriate: we can meet what is here together.

N Normalize

Make room for their response without treating it as a defect. "You don't have to feel a particular way here."

E Explore

If invited, get curious about what's here. Exploring capacity isn't testing tolerance.

T Turn towards

Offer attention to what is here, with permission and without demanding change. Not necessarily the event itself.

Staying at Level 1 or 2 can be enough. These levels aren't a ladder of success, and further exploration is never required.

WHAT YOU OFFER THROUGHOUT: SPACE

S

Slowness

P

Presence

A

Acknowledgement

C

Connection

E

Embodiment

REMEMBER

"Sometimes staying quiet and attuned is the best thing you can do."

Yin wins: receptivity and choice govern any invitation to move. Ask yourself, "Am I responding to what they need, or relieving my own discomfort?"