

Day 3 Worksheet

Boundaries, Safety & Love

Decode Your Trauma

In today's session we explored the **C**ontext of the E.C.H.O. model. We explored the three core emotional needs of Boundaries, Safety and Love - please complete the below check sheet to reflect upon how well you have or haven't learnt to meet these needs.

Boundaries:

- ☐ Were you given healthy boundaries as a child?
- ☐ Were your parents/primary caregivers consistent and measured in holding those boundaries?
- ☐ Were you given a sense of "you can do this" and encouraged to believe in yourself?
- ☐ Are you able to be disciplined and follow through with the things that matter to you in life now?
- ☐ Do you have a sense of your own strength and capacity?

On a scale of 0-10 how healthy did your boundaries feel as a child?

On a scale of 0-10, how healthy do your boundaries feel in life now?

Safety:

- ☐ Did you feel physically safe as a child?
- ☐ Did you feel emotionally safe as a child?
- ☐ Were you physically held and comforted as a child?
- ☐ Did your nervous system learn to self-regulate?
- ☐ Does the world feel like a safe place to you now?
- ☐ When you feel overwhelmed, how do you respond?

On a scale of 0-10 how safe did you feel as a child?

On a scale of 0-10, how safe do you feel in life now?

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Love:

- ☐ Did you feel loved as a child?
- ☐ Did you feel special and adored in the eyes of your parents/primary care givers?
- ☐ Were you hugged and physically comforted as a child?
- ☐ Did you feel that your parents were interested in you, and wanted to understand your inner world?
- ☐ Do you feel gentle and loving towards yourself now?
- ☐ Are you able to let in love from others?

On a scale of 0-10 how loved did you feel as a child?

On a scale of 0-10, how loved do you feel in life now?

Remember, as children we are dependent upon our primary caregivers to meet these needs for us. **As adults, we can learn how to meet them for ourselves.**