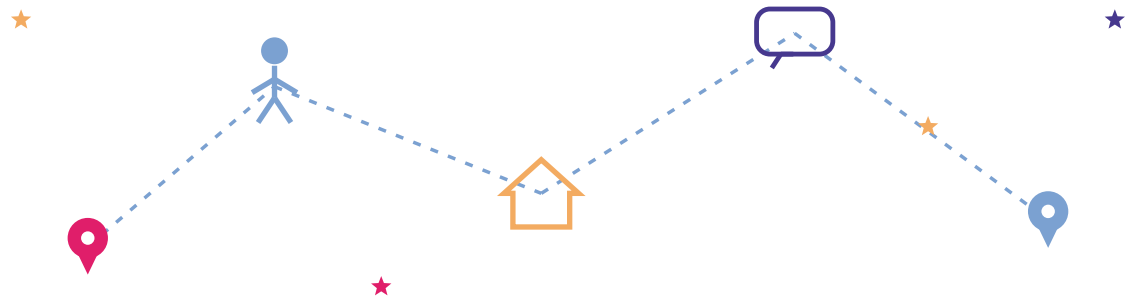


My Safe Spaces Map

Exploring the people, places and spaces where you can breathe a little easier.

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A safe space is not only a physical place. It can be a person, a community, an online space, a familiar room, or even something you create for yourself. You do not have to be completely open about every part of your identity everywhere to have meaningful connection and belonging.

You decide where, when and with whom you share different parts of yourself.

Use this workbook to notice what helps you feel comfortable, connected and more able to be yourself.

Where Can I Be Me?

Notice the different kinds of spaces that already support you.



People I feel comfortable with

Who helps you feel accepted, understood or able to relax?



Places where I can relax

Rooms, buildings, outdoor spaces or familiar places.



Communities I feel part of

Groups, clubs, cultures, interest spaces or support networks.



Online spaces that feel supportive

Communities, creators, groups or corners of the internet.



Things that help me feel grounded when I am on my own

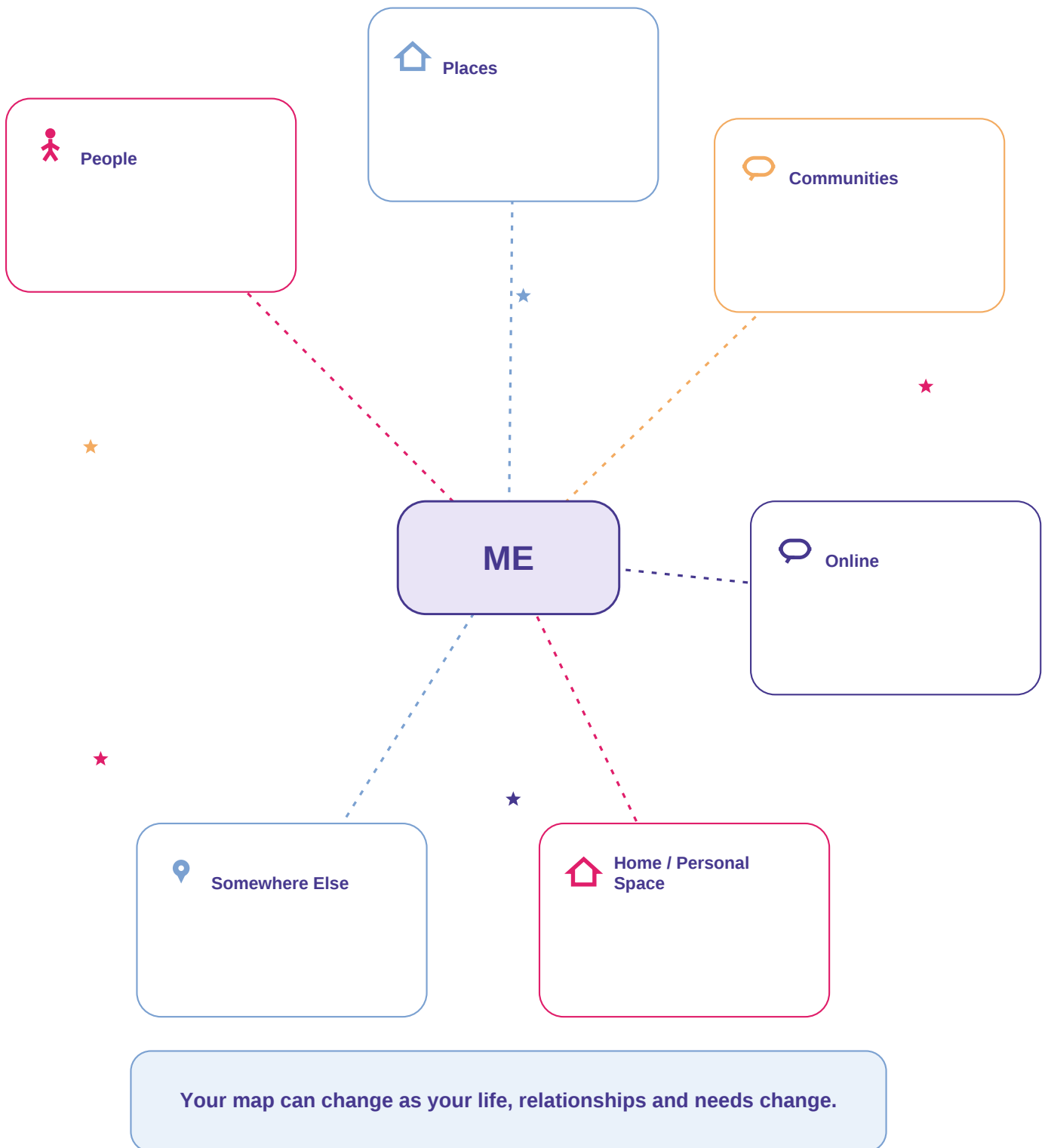
Routines, objects, music, hobbies, sensory comforts or quiet spaces.

My Safe Spaces Map

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Put yourself in the middle and map what helps you feel connected.

Add names, places or short notes. Draw your own connections if you want to.



What Helps Me Feel I Belong?

Look for the small things that make connection feel easier.



I know I can relax when...

What helps your body or mind feel less guarded?



I feel listened to when...

What does good listening or understanding look like for you?



Something that helps me feel included...

A behaviour, invitation, adjustment or small gesture.



A boundary that helps me feel comfortable...

What protects your energy, privacy or sense of safety?



Something I wish people understood about me...

What would make it easier to feel seen without over-explaining?

Building More Spaces to Breathe

A few gentle ways to create more room for connection and comfort.

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Someone I could connect with



A community I would like to explore



A place I would like to feel more comfortable



One boundary I want to protect



One small way I can create more space for myself



You do not have to make yourself smaller to belong.

Belonging can also mean choosing the spaces that make room for the whole of you.

