

SAFE



SPACE

HANDBOOK

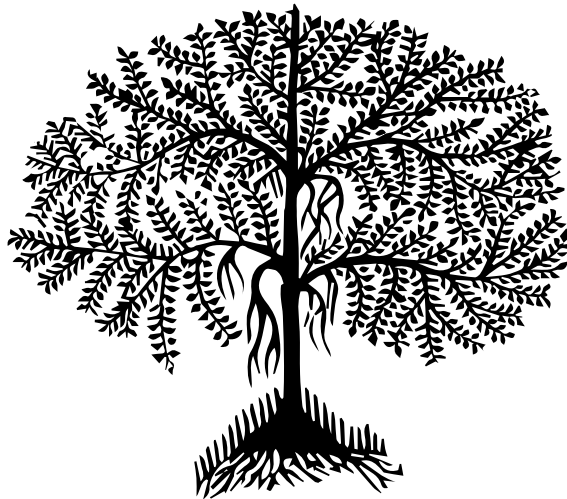


**extinction
rebellion**

WELCOME TO THIS SAFE SPACE

"In a world as turbulent as ours,
it is important to have safe spaces.

These are places where we feel supported and listened to and
can share anything that is on our hearts.



In this document you will find ideas and inspiration on
creating safe spaces for yourself and others.

It is a living document and any suggestion is more
than welcome.

Remember that not everything needs to work for
everyone.

We invite you to try out and experiment, and hope
that our ideas can bring you some inspiration.

PRINCIPLES FOR A SAFE SPACE

WE MEET EACH OTHER OUT OF GENUINE INTEREST AND RESPECT.

WE SHARE FROM OUR SOUL AND LISTEN WITH OUR SOUL.

WE SHARE FROM OUR UNIQUE PERSONAL EXPERIENCES, PERCEPTIONS AND FEELINGS

WE HONOR EVERYONE'S INDIVIDUAL PROCESS, AND ALLOW EVERYONE TO FREELY SPEAK

IT'S ENOUGH TO SIMPLY BE HERE WITH WHATEVER IS PRESENT IN AND FOR YOU

BE ATTENTIVE OF AND CAREFUL WITH YOUR OWN LIMITS, AND RESPECT THOSE OF OTHERS

EVERYTHING THAT IS SHARED STAYS WITHIN THE GROUP

WE REFRAIN FROM CROSSTALK OR GIVING FEEDBACK (TO GIVE UNSOLICITED ADVICE OR CHEERUP)

VOICE WHEN YOU FEEL A SIGNIFICANT DROP IN ENERGY, TO CHECK IF THE GROUP IS FEELING THE SAME AND A BREAK IS NEEDED

BEFORE STEPPING INTO THIS SPACE

- do what you need to do to come into the space clear of mind clutter, so that you can be fully present.

CHECK-IN WITH YOURSELF :

What do i need right now to feel safe?

Why do i want to be here?

Is there something i would need to share to make sure my boundaries are clear?

- take a break whenever that is needed.
- repeat: be kind to yourself (because reminders never hurt).



**ALL OF YOU IS WELCOME; WHATEVER
EMOTIONAL, PHYSICAL AND/OR MENTAL STATE
YOU'RE IN.**

VISIONING YOUR OWN SAFE SPACE



TOGETHER WE ARE GUARDIANS OF OUR SAFE SPACE

WHAT YOU COULD DO IN THIS SPACE

EMPATHY CIRCLES

AN EMPATHY CIRCLE IS A STRUCTURED DIALOGUE PROCESS BASED ON MUTUAL ACTIVE LISTENING.

1. The first person selects who they will speak to;
2. they speak about whatever comes up for them for a set time (typically 3-5 min);
3. the listener reflects back what they are hearing until the speaker feels heard and understood to their satisfaction.
4. Then it is the listener's turn to select who they will speak to and for that new listener to reflect back what they are hearing.
5. Everyone helps hold the circle process by monitoring & sticking to the steps.

MEDITATIONS

A WALK WIT GAIA

HUMMING MEDITATION

QUESTIONS YOU COULD ASK YOURSELF

How does trust & safety feel in your body?
What happens when you are not in a place of trust?

INTO THE LARGER COLLECTIVE FIELD

STEPPING OUT OF THIS SPACE

- go out for food after if you're hungry
 - make time to care for yourself.
 - take an energizing walk or exercise
- take some introverted time, such as reading a book, having a bath, listening to good music
- have a social activity with friends planned afterwards to look forward to
 - have a nap/go to bed,



