



## Creating a Safe Place to Talk

### WHAT IS THE STATE OF YOUR HEART?

- a. Is it *open or closed*
  1. Signs of a closed heart
    - a. Harsh, mean, cruel
    - b. Is insensitive or uncaring (heartless)
    - c. Distant or unavailable (wall)
    - d. Apathetic or lack of interest
    - e. Numb, lethargic, lifeless
  2. Signs of an open heart
    - a. Gentle, kind, tender
    - b. Sensitive, compassionate, caring or empathic
    - c. Connected or involved
    - d. Interested, focused, attentive
    - e. Energetic, passionate or full
    - f. Unselfish, considerate or thoughtful
    - g. Transparent

### WHY DOES A HEART CLOSE?

- a. When we don't feel *emotionally safe* in a relationship, *our heart will close* and we will disconnect from that person.
  1. Unsafe → Closed → Disconnected → No Intimacy
- b. When people feel safe, they are naturally inclined to open their heart. *Intimacy occurs effortlessly and naturally* when hearts and spirits open to one another.
  1. Safety → Openness → Intimacy (*intimacy happens when hearts are open*)

### WHAT IS EMOTIONAL SAFETY?

- a. Feeling free to open up and reveal who you really are and *know that your spouse will still love, understand, accept, and value you.*

### WHAT MAKES PEOPLE FEEL UNSAFE?

- a. Number 1 item that makes people feel unsafe in a survey of 1,000 couples...*Criticism*
- b. Listed in order of what makes people feel unsafe:

1. Criticism	7. Attacked	13. Disrespected
2. Withdrawal	8. Controlled	14. Won't share feelings
3. Belittled	9. Gossip	
4. Sarcasm	10. Not listened to	
5. Judged	11. Anger	
6. Ignored	12. Rejected	

