

# Safety Emotions Loss Future

S.E.L.F is a tool that can help you solve problems and understand issues. By going through each section, you might work out the right direction to take. It can help you sort out challenges and identify what steps you can take to make a change.



## Safety

**Am I safe?**

**Is this affecting my safety?**

**What has helped me feel safe in the past?**

**What will help me feel safe right now?**

## Emotions

**How am I feeling about this?**

**Are my feelings linked to previous experiences?**

**What feelings stop me from changing?**

**What feelings help me to change?**

S.E.L.F.

## Loss

**What will I lose or have to give up because of this?**

**What losses or grief have I previously experienced that are affecting me now?**

## Future

**What do I want for my future?**

**What could I learn from this?**

**What opportunities might come up?**

**What choices can I make?**

**What will I do next?**



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Safety

Emotions



Loss

Future

