

Safety List Worksheet:

Cultivating Comfort and Self-Soothing
for Nervous System Regulation and
Visibility

Why Soothing Matters for Nervous System Healing

Visibility, whether it's showing up in relationships, stepping into leadership, or building a business, requires a sense of safety within. When your nervous system feels overwhelmed or dysregulated, it can trigger patterns of hiding, freezing, or self-doubt. This is not weakness—it's your body protecting you.

The key to moving forward isn't pushing through or bypassing these sensations; it's learning how to soothe and regulate your nervous system. When you comfort yourself in healthy ways, you create the inner stability needed to face challenges and show up with authenticity and confidence.

Visibility and Nervous System Regulation

Every time you step into greater visibility, your nervous system might react as if you're under threat. This is normal, especially if past experiences have taught you that being seen wasn't safe. By building a "Safety List," you can create a personal toolbox of soothing practices to help calm your system and remind yourself that you are safe, even as you expand into new territory.

For example, when the fear of being judged arises, you might reach for:

- Gentle rocking or swaying to calm your body
- Taking a deep breath and holding a comforting object (like a soft blanket or warm cup of tea)
- Spending a moment with an essential oil or scent that grounds you

These small acts send a message to your nervous system: I am safe. I can handle this.

Reflection: What Brings You Comfort?

Take a moment to reflect on what has soothed and comforted you in the past. Often, the things that helped us feel safe as children—being held, rocking, or humming—can still work wonders for our nervous systems as adults. At the same time, you can explore new practices that help you feel grounded when stepping into visibility.

Questions to Explore:

1. What Felt Safe as a Child?

Think about what made you feel comforted and cared for when you were younger. Are there ways to bring those practices into your life now?

2. What Do You Currently Reach For?

Notice your current habits when you're feeling nervous, overwhelmed, or unsure. Are they truly supportive of your nervous system, or do they numb or distract you?

3. What Could You Try?

Is there a soothing practice—like grounding in nature, using a calming scent, or journaling—that you've seen others use but haven't explored yet?

Building Your Safety List

This is your opportunity to create a personalized list of practices, rituals, and objects that help you regulate your nervous system and prepare you to step into visibility with greater ease. Your Safety List becomes a tool you can return to anytime you feel dysregulated or need support.

1. Practices That Soothe My Nervous System (e.g., deep breathing, gentle movement):

2. Objects or Sensations That Comfort Me (e.g., warm tea, soft textures, grounding scents):

3. Actions That Help Me Prepare for Visibility (e.g., visualization, music that uplifts me):

4. New Practices I Want to Explore:

Connecting This to Your Visibility Journey

Visibility isn't just about being seen externally; it's about feeling safe enough internally to show up fully. Each time you soothe your nervous system, you're creating a foundation of safety that allows you to expand into new levels of expression, confidence, and connection.

When you feel overwhelmed or nervous about being visible, come back to your Safety List. Use it to resource yourself, regulate your body, and reconnect with your inner strength.