

Florence's Feelings on the Safety Continuum

SAFE

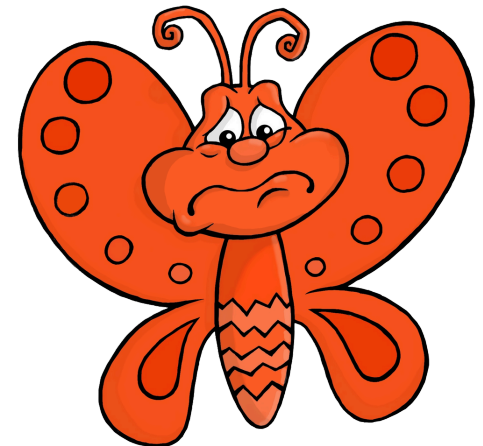
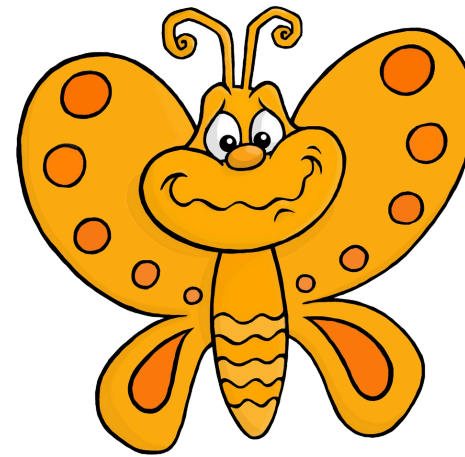
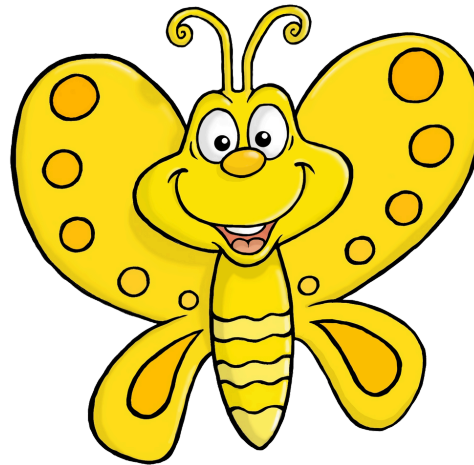
FUN TO FEEL SCARED

Excited

RISKING FOR PURPOSE

Nervous with Support

UNSAFE



I feel happy and cuddly

My tummy is fluttery
but I'm ready

My body is shaky but
I know I have help

My tummy hurts
and I want to hide

Story Moment

Snuggling with Mum
and playing with friends

Story Moment

Dancing with friends and
preparing for the show

Story Moment

Stepping onto the stage

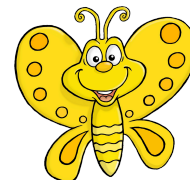
Story Moment

Nana's pressure to be the
best and freezing on stage

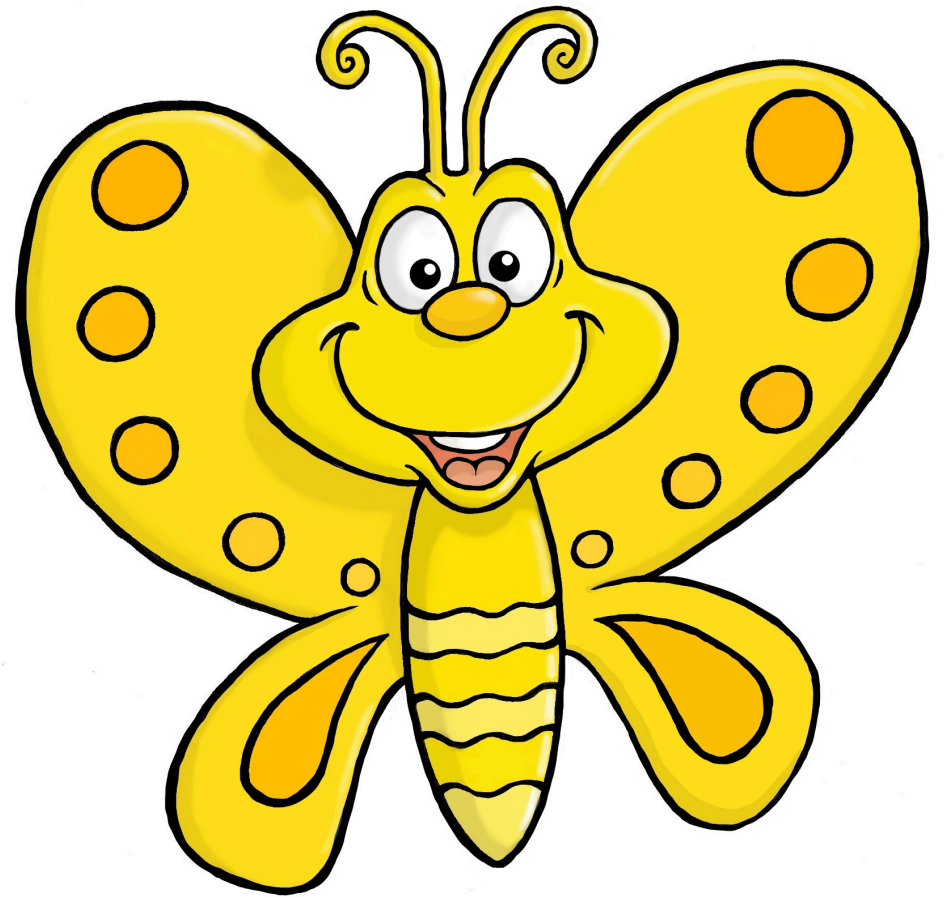
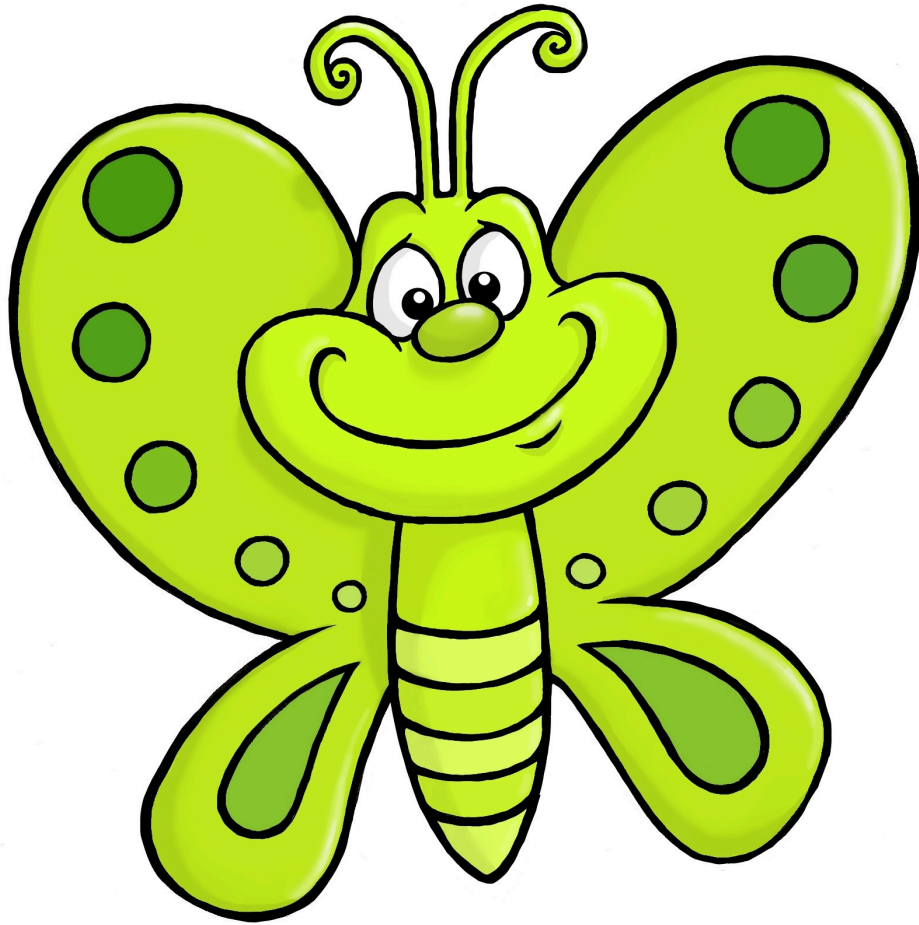
What helped Flo move back to feeling SAFE?

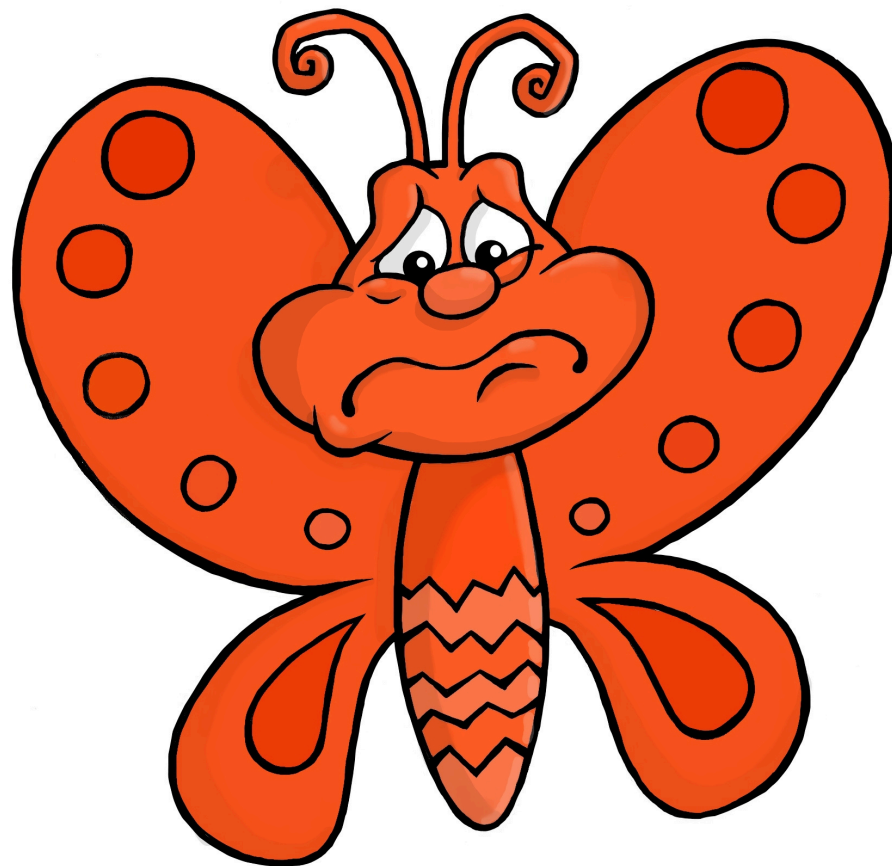
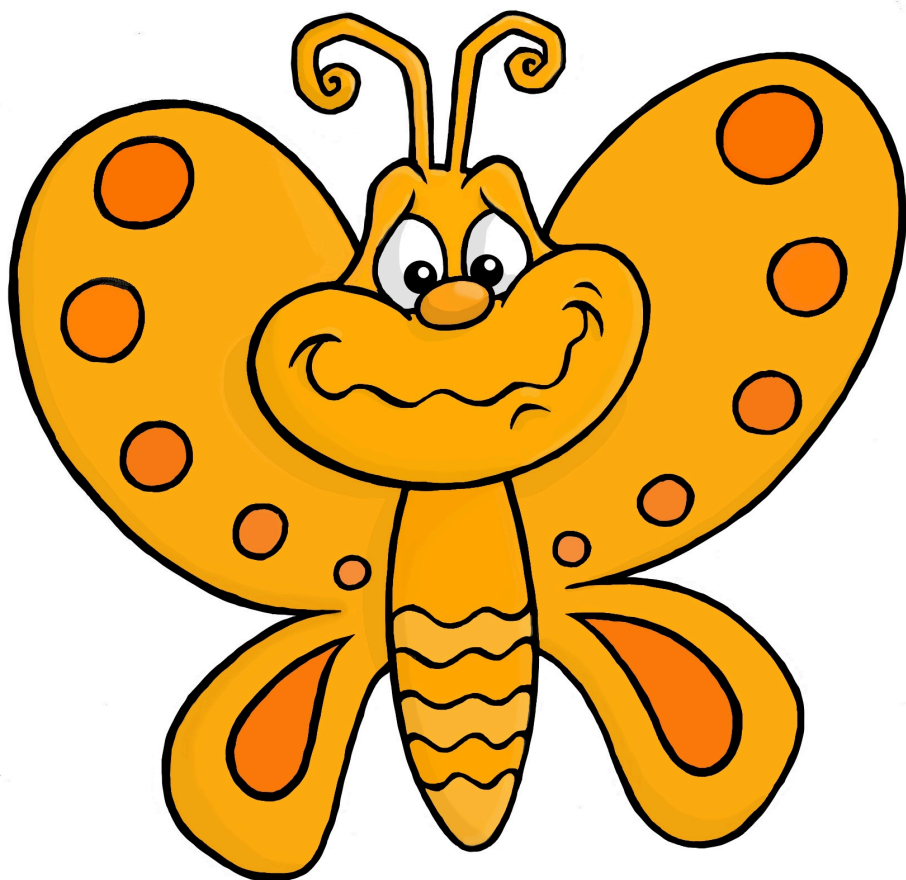


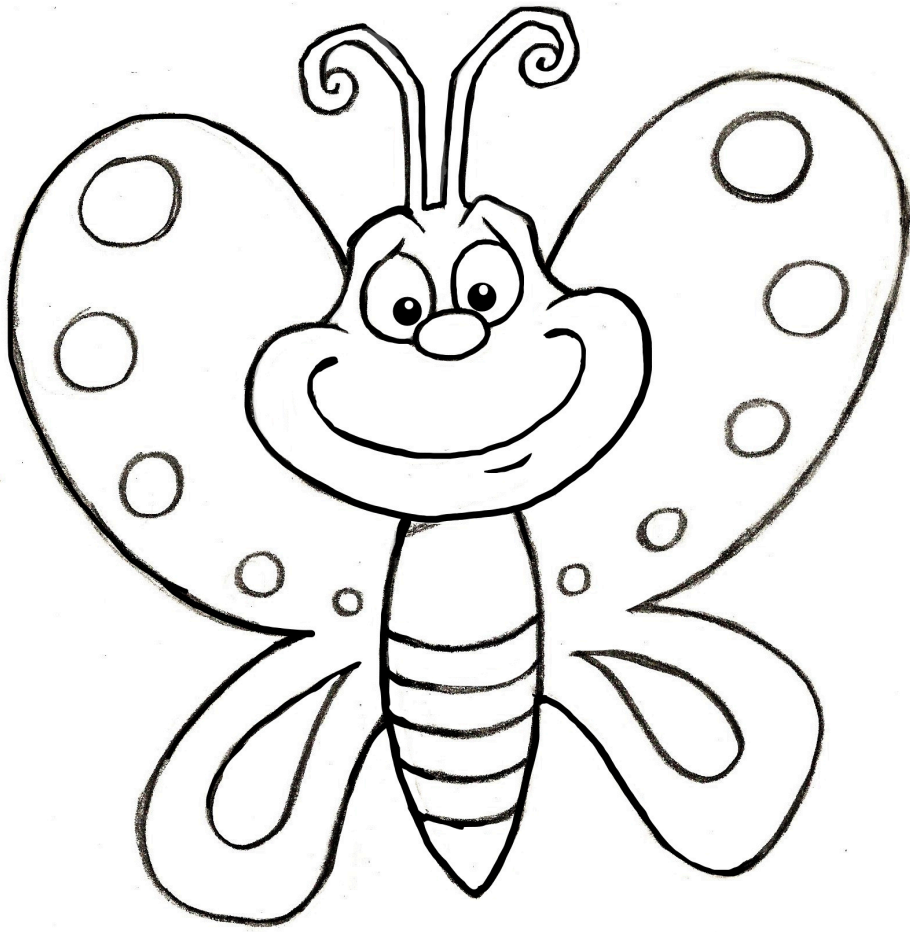
Her mum's comforting wing
(Safe Adults)



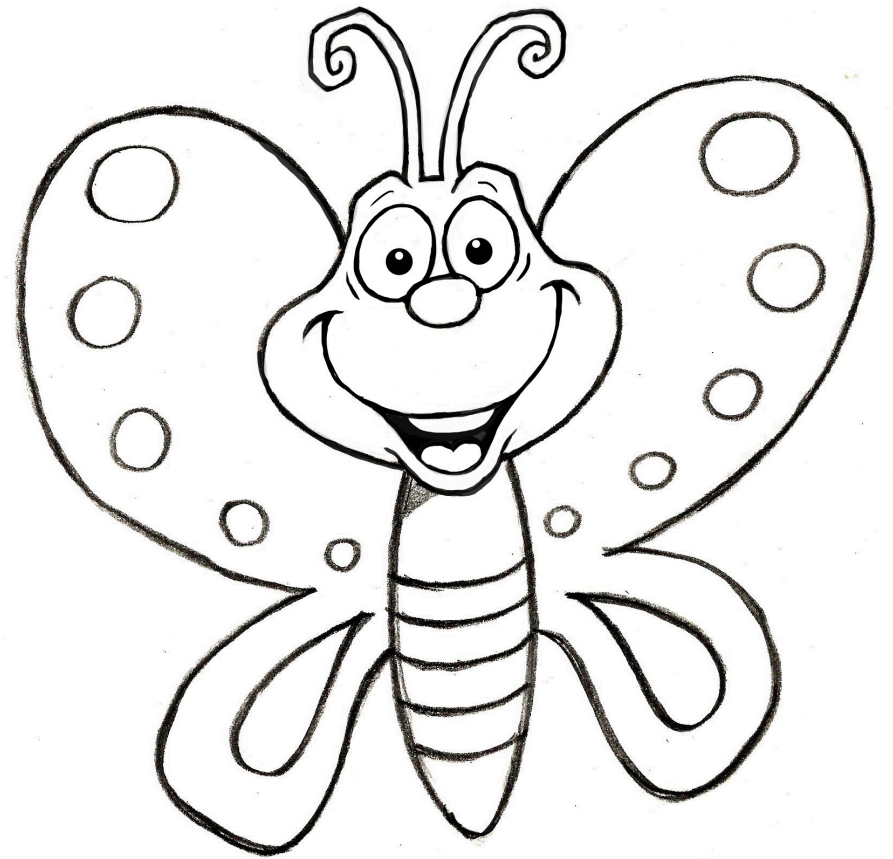
Taking a breath and Flo's love of dancing



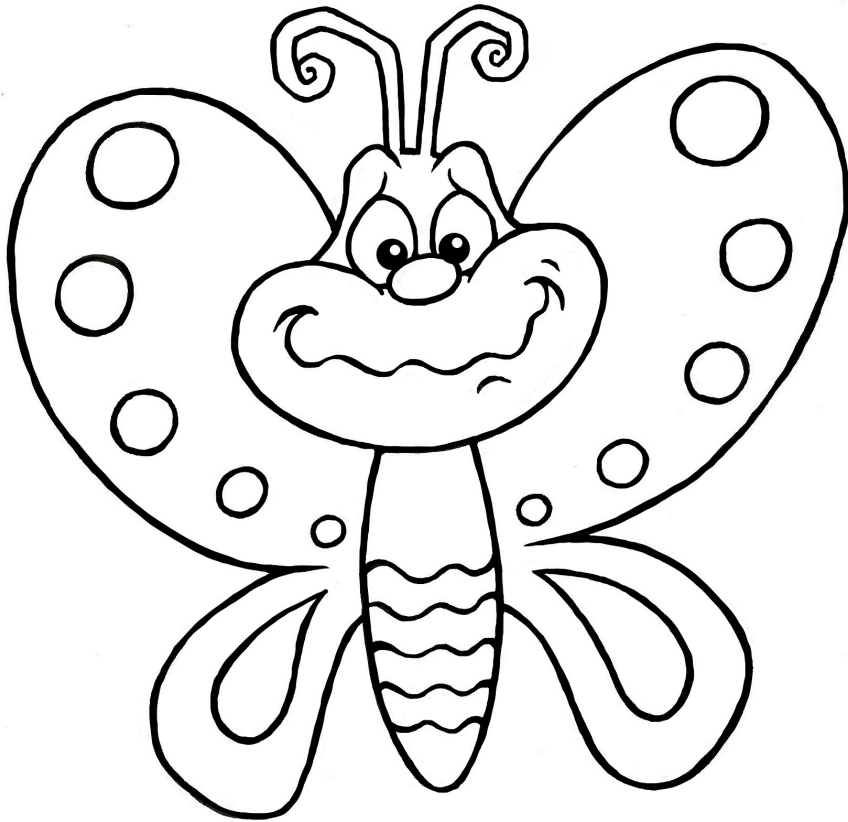




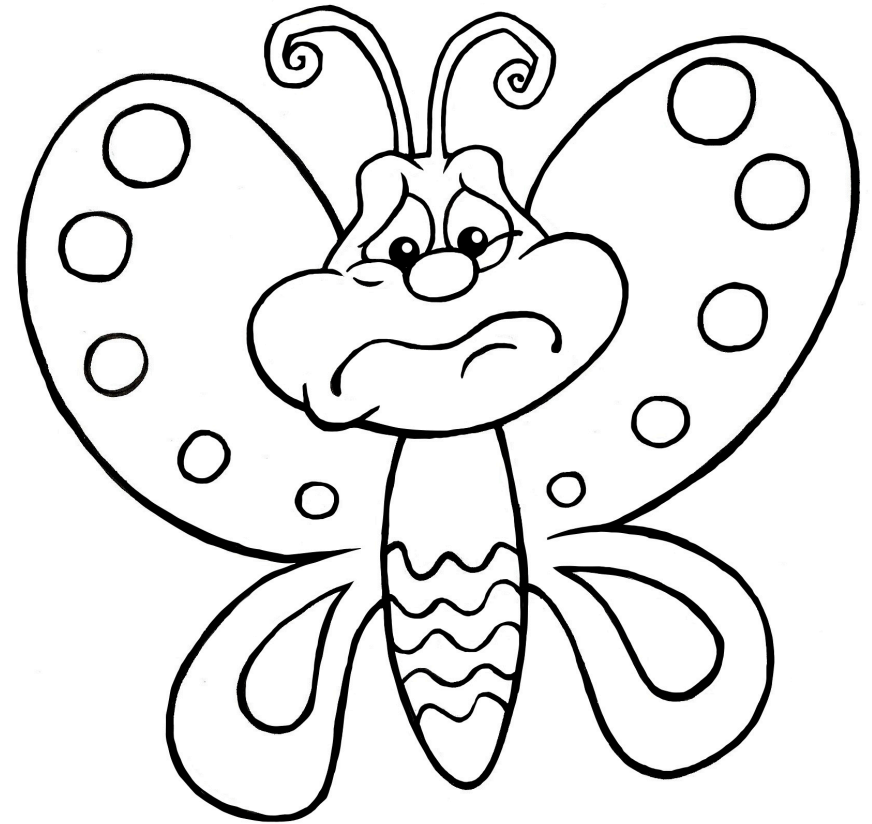
Safe



Excited



Nervous
Risking for purpose



Unsafe



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