

WAYS OF FEELING SAFETY BARRIERS



Reflective Questions Tool

Safety Barriers

- What safety barriers have helped me in the past and which ones might now be holding me back?
- Am I prioritising comfort over progress?

Feeling Safe Might Be the Reason We're Not Making Progress

- In what ways might my need for safety be limiting change?
- What risks am I avoiding that could lead to growth?

Unlearning

- What beliefs or habits do I need to unlearn to better address inequality?
- How can I help others see what's stopping us from moving forward?

Go with Risk

- What's one risk I can take that aligns with our purpose?
- How can I get more comfortable with discomfort and uncertainty?

Tension Is Telling Us Something

- What tensions am I noticing and what might they be trying to tell me?
- How can I use tension as a signal for growth rather than a reason to retreat?

The Next Right Step

- What's one small, purposeful step I can take today?
- How can I stay focused on progress, even when the path isn't clear?