

Creating Safe Spaces

Understanding Trauma and Healing



Everyone deserves to feel safe, respected and supported—especially during recovery. For many, past trauma can shape how they think, feel and respond to the world around them, making it harder to fully engage or trust others. **By making a few simple, intentional choices, we can create safe spaces that foster a sense of security,** build trust and open the door to meaningful healing.

Why It's Important

1

Trauma Affects the Whole Person

Trauma can impact the body, brain and emotions. It may lead to anxiety, anger or feeling numb. **Understanding this helps us respond with compassion, not judgment.** In recovery, recognizing trauma gives people space to heal without shame.

2

Healing Needs Safety

A safe space means feeling seen, heard and respected. It allows people to open up, be themselves and rebuild trust. **Safety is not just physical—it's emotional too.** Recovery happens faster and deeper when people feel secure and supported.

3

Anyone Can Help Create a Safe Space

You don't need to be a therapist to make a difference. **You can help by listening, being patient, respecting boundaries and treating others with kindness.** Small actions like using someone's name, offering choices or simply showing up will build safe and welcoming spaces.

4

Connection Supports Recovery

Feeling connected helps reduce shame and isolation, which are common in trauma and addiction. **When people feel like they belong, they're more likely to stay in treatment,** reach out when struggling and believe in their own ability to recover.

5 quick tips to create safer spaces

- 1 Listen with Care
- 2 Respect Boundaries
- 3 Use Kind Language
- 4 Honor Privacy
- 5 Build Trust



To get help for you or a loved one, call:

844-535-7291



Or visit:

BHGrecovery.com





Tips for Creating Safe Spaces



Use Respectful Language:

Speak with kindness and avoid labels or assumptions.



Respect Boundaries:

Let people decide how much to share. Don't pressure or push.



Be Present:

Listen without interrupting or trying to fix everything.



Honor Privacy:

Keep what others share confidential, unless someone is in danger.



Offer Choices:

Let others make decisions when possible—it builds trust and control.

Things to Avoid



Judging or Shaming:

Trauma is not a weakness. Everyone handles pain differently.



Telling People to “Get Over It”:

Healing takes time. Pushing too fast can backfire.



Dismissing Feelings:

What may seem small to one person can feel huge to another.



Trying to Fix Everything:

Sometimes people need support, not solutions.

Conclusion: Healing Begins with Safety

Whether you're in recovery or supporting someone who is, **creating safe spaces makes a big difference**. Healing from trauma isn't always easy, but with the right support, compassion and understanding, it is possible. Together, we can build spaces where people feel valued, accepted and strong enough to move forward ■

