

THE BRAVE ONE JOURNEY

The Two Pillars - SAFETY - Step 4, Part 1

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● What are The Two Pillars?

1. _____
2. The Truth
3. Need both to repair _____

● What is most important for us?

- Seeing _____

● At one point in our _____ we may have seen some signs of the Two Pillars

- Hard worker
- Attracted to _____
- Nice guy
- _____
- Funny
- _____ responsible
- Good family

● We may have also seen...

- What concerns did you notice in your relationship?

- Some of us may have seen _____.
- Others of us knew stuff was going on, gave ultimatums, and hoped he'd _____.



DR. SHERI

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● What is Safety?

- The condition of being _____ from undergoing hurt, injury, or loss.

● Shame Free Zone - "We all have stuff."

● 15 Vulnerabilities that can compromise our safety and if left untreated can place us in _____.

- ☐ Minimize or make excuses
 - Early traumas learned how to tolerate the intolerable
 - Denial = what you think and feel _____ the facts
- ☐ Ignore or avoid
- ☐ Feelings of _____
- ☐ Fear
- ☐ _____
- ☐ Spiritualize
- ☐ Try to control or fix him
- ☐ Inability to set _____ or say no
- ☐ Try to please him (at my expense)
- ☐ Trauma/Betrayal Bonds
- ☐ _____
- ☐ Dependency
- ☐ Empaths
- ☐ Defensive _____
- ☐ Treatment trauma

● 8 Great Ways to Invest in Your _____

- Respect reality
- Value _____
- Honor your worth
- Learning to trust your _____

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- Guard your heart
 - Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it."
 - Bestselling authors Dr. Henry Cloud and Dr. John Townsend define boundaries as "personal property lines that promote love by protecting individuals."
- Learn how to use your _____
- Practice making choices
 - Holding on to yourself - your voice, your choice, your ability to negotiate and ask for what you need - helps to gain _____ and builds your strength of character.
 - Whether we win or lose, we learn to respect ourselves
 - We can't build _____ without respect and truth.
 - We can't respect each other without honoring what is yours and what is mine.
 - We can't fully restore a _____ until respect and trust has been re-established.
- Ask yourself..."What do I need?"
 - _____
 - Respect
 - _____
 - Peace of mind
 - Fidelity
 - _____
 - Reliability
 - To be seen and heard
 - _____ (what do you need?)
 - _____ (what do you need?)



BraveOne BOOSTERS

● **Take a moment to journal your answers to these prompts**

- What signs of strength did you see in your relationship when you first met? Did you also see areas of concern?
- After reflecting on the 15 vulnerabilities that can compromise your safety, do you notice any patterns that are familiar to you?
- From the 8 ways you can invest in your safety, what's one specific area you can practice for yourself this week?
- Ask yourself, "What do I need?" and write your answers down. Were you surprised by the list?