

Emotional Safety Rating Scale

How effective are you at creating an atmosphere of emotional safety? Consider how you “show-up” in your relationships in the following areas: your *Communication*, your expression of *Emotion*, your *Tolerance*, your *Closeness*, and your use of *Power & Control*.

Read the statements below and then rate yourself according to the following scale:

1. Never Me 2. Rarely Me 3. Sometimes Me 4. Often Me 5. Always Me

Communication	Circle 1-5
I speak with kindness, consideration and sensitivity.	1 2 3 4 5
I listen attentively and sincerely, allowing others to speak without rejecting or interrupting.	1 2 3 4 5
I give feedback and advice and ask questions in the spirit of love and caring without judging and condemning the individual.	1 2 3 4 5
Honesty and truthfulness prevail in my relationships.	1 2 3 4 5

Emotions	Circle 1-5
I am responsible and accountable for my own feelings and actions.	1 2 3 4 5
I recognize and validate the feelings of others without judgment.	1 2 3 4 5
I do not use feelings to punish, harass, coerce, manipulate, intimidate, or control others.	1 2 3 4 5
I am able and willing to be vulnerable in relationships when appropriate.	1 2 3 4 5

Tolerance	Circle 1-5
I am able to recognize differences and conflicts in my relationships, and seek understanding, accommodation, and cooperation.	1 2 3 4 5
I acknowledge and respect the uniqueness of other individuals.	1 2 3 4 5
I do not attempt to dominate others as a means of handling differences.	1 2 3 4 5
I realize that my knowledge, experience and abilities are limited, and pursue learning and growth in my interaction with others.	1 2 3 4 5

Closeness	Circle 1-5
I freely and easily communicate closeness and connection in meaningful relationships.	1 2 3 4 5
I am aware of the importance of healthy boundaries and implement them in my relationships.	1 2 3 4 5
I allow others to support me when appropriate.	1 2 3 4 5
I am supportive of others and do not use antagonistic coalitions or scapegoating.	1 2 3 4 5

Power & Control	Circle 1-5
I am responsible for myself to the degree that is appropriate.	1 2 3 4 5
I allow influence from others to the degree that is appropriate.	1 2 3 4 5
I do not use my power for manipulative purposes, or to dominate others in a demeaning way.	1 2 3 4 5
I allow others to make their own decisions to the extent that is appropriate and that fits the circumstances.	1 2 3 4 5

	Total Score: _____
--	---------------------------

Safety Score: 0-29 Hostile / 30-49 Poor / 50-69 Moderate / 70-81 Good / 82-100 Excellent