

Unlocking

The 4 S's of emotional support



Secure



I create an environment of trust and provide a learning base for self-regulation and empowerment.

What it means to feel secure...

- Have an internalized sense of well-being (*not too rigid and not too chaotic*)
- In a state of mental integration (Dr. Dan Siegel)
 - Flexible (able to bend)
 - Adaptive (able to adjust)
 - Coherent (able to make sense)
 - Energized (able to enthusiastic)
 - Stable (able to be grounded)
- I'm willing/able to...
 - Try things out
 - Deal with things
 - Manage stress
 - Navigate uncertainty
- Feel good in my own skin
- I'm able to connect and join others in positive relationships and interactions

How I ensure others feel secure

- I'm curious about my own reactions
- I'm aware of my biases and when I may be casting a shadow
- I avoid being defensive, rigid, and/or chaotic
- I connect emotionally with others
- I clarify boundaries for others
- I help others plan what to do next
- I forgive others
- I repair the harm I've caused
- I'm both the "safe harbor" and the "launching pad" for others