

## HANDOUT 4.2: SAFETY VS. SAFENESS

### SAFETY

Safety is when you are focused on threat and look to stop bad things happening. This makes good sense, but constantly checking for your safety can stop you from doing what you want or need to do.



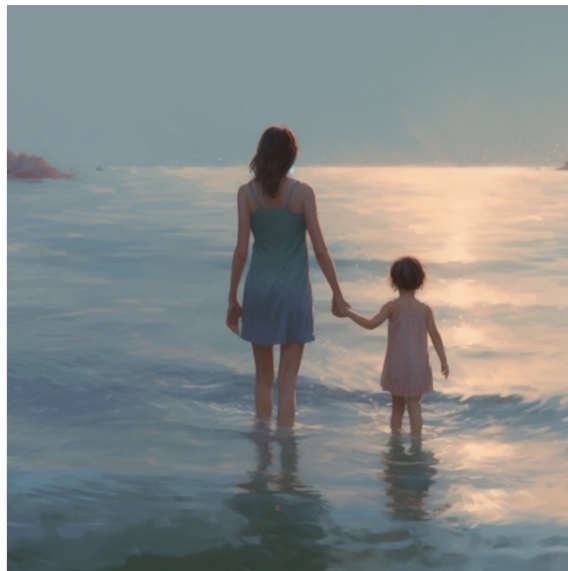
Expression of safety (1) – *image generated by Midjourney 5.1*



Expression of safety (2) – *image generated by Midjourney 5.1*

## **SAFENESS**

Safeness focuses on creating the conditions to allow us to explore our surroundings and gives us courage to explore things we might fear or worry about. With a feeling of safeness come the freedom to explore, being open to experience, enabling growth, development and flourishing.



Expression of safeness – *image generated by Midjourney 5.1*