

CFT TIP SHEET

SAFETY

- Safety is where 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.
- So as an example you go rock climbing, you strap your harness in to ensure your safety, but you never get off the ground.

- 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 comes the freedom to explore, being open to experience, enabling growth, development, and flourishing.
- So a feeling of safeness allows us to go rock climbing knowing we are secure in our harness.

SAFENESS

COURAGE
WISDOM
COMMITMENT

