

## Worksheet 4.3: Safety and protective strategies

*The Compassionate Mind Workbook*  
© Chris Irons & Elaine Beaumont (2017)

Emma's safety and protective strategies	My safety and protective strategies
<p>After identifying her key fears and threats, we went on to outline ways that Emma had helped to protect herself from these.</p> <p>To protect herself from her <i>external fears</i> that others could not be trusted, that others would reject her, and that others would look down on her/be critical, Emma reported:</p> <ul style="list-style-type: none"><li>• Keeping my distance from others</li><li>• Keeping on guard and vigilant of what others might do/think</li><li>• Trying to please other people so they won't hurt or reject me.</li></ul>	<p>Whilst holding in mind the key external fears and threats you noted down in Worksheet 4.2 (page 52), what are the protective strategies you use to keep yourself safe from your fears?</p> <p>My safety strategies to protect against external fears are:</p>

To protect herself from her *internal fears* of not being good enough, having overwhelming emotions, and feeling alone, Emma identified:

- Trying not to strive or push myself, for fear that I'll fail if I did
- Suppressing and keeping my feelings to myself
- Using food and alcohol as a way to not feel distress.

Now, have a read through what you noted down for internal fears in Worksheet 4.2. Given this, how do you protect yourself from these?