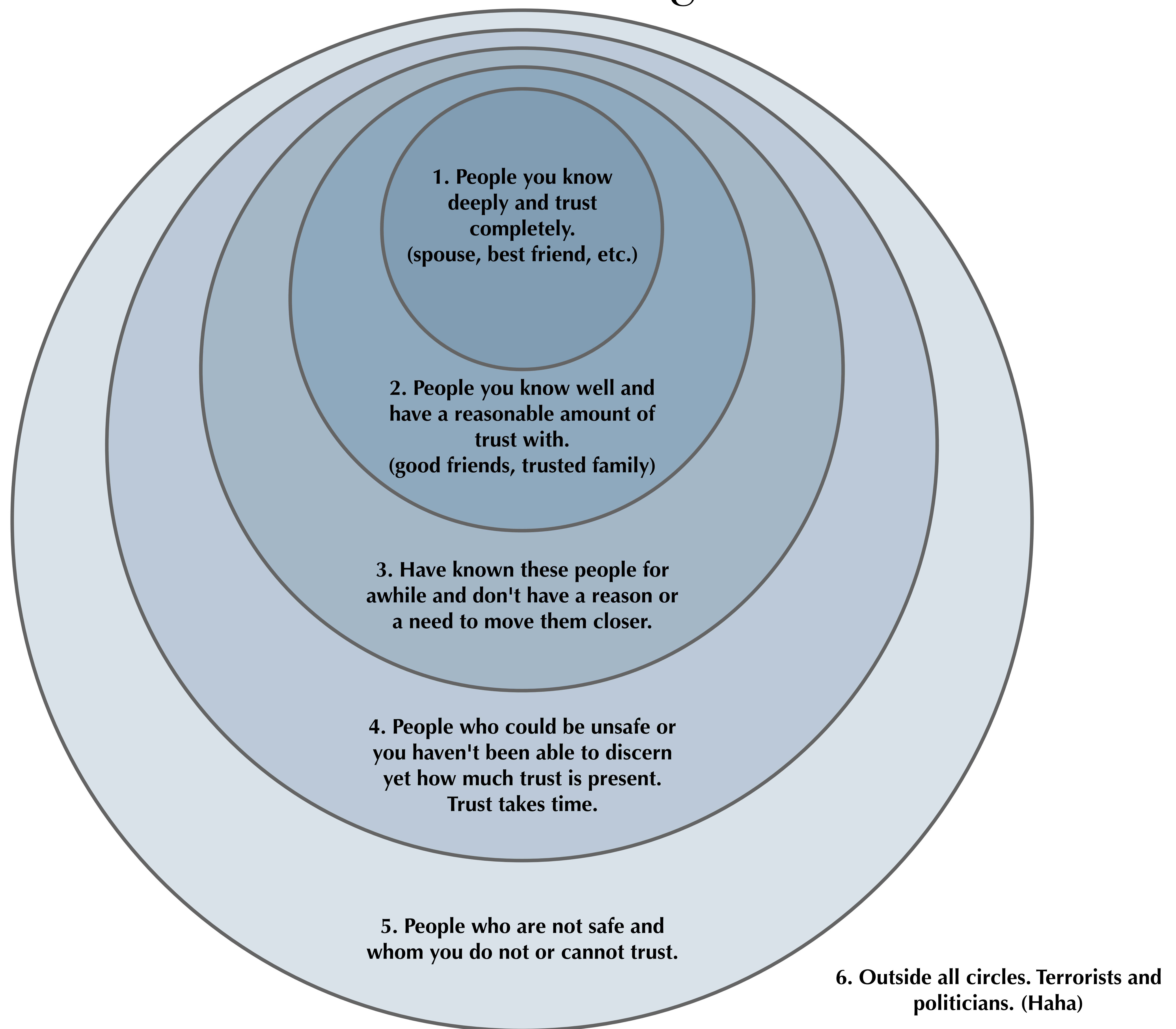


Circles of Relational Safety

from TandemMarriage.com



Circles of Relational Safety, developed by Brad & Tami of Tandem Marriage

1. The most trusted and safest people in your life can stay close to you. This will likely be yourself and one or two others in your life. You could share your innermost secrets and passwords with them. These people always want what is best for you.
2. Some trust and some safety. These would be those people that you gladly rely on for many things, but you would not share your passwords or most intimate secrets with them!
3. These are acquaintances and people in work and social circles. You can talk to these people about facts and opinions, but be cautious when sharing emotions and feelings with them. You have some trust in them, but not enough to move them into circle #2.
4. These are people you know who need to be kept at arm's length. When you keep someone at arm's length, they can no longer step on your toes. You can't expect these people to have your best interests in mind, you need to manage that.
5. These are people that you need to have in your life for some reason, but you don't have to keep them close. Sometimes these are family members or simply people who have proven they are not safe enough to spend much time with or to share important things with.
6. You don't know these people and have no reason to trust them. These *could be* kind and trustworthy people, but until you know them well enough to move them into a smaller circle, be cautious. Trust is built slowly over time.

If someone in a circle breaches the trust or safety you have granted them at that level, the very best thing you can do is to move them out outward one circle/level. You will be more comfortable with them moved out one level, and there's a chance they will be too.

If someone in an outer circle has become more trusted and feels to you safer over time, you can move them inward one level. Be sure to assess that this was the right move and that you feel comfortable with them at that closer level.

This idea of relational safety with the people in your life is very dynamic. Sometimes people may move in or out a level or two based on