



Facilitator Reflection – Before You Begin

This work must be led from presence, not performance. Take time with the reflections below. There are no “correct” answers — only awareness.

1. How do I know when I am activated? What happens in my body?
2. What helps me ground myself before supporting others?
3. How do I respond when someone else becomes overwhelmed?
4. Can I stay steady, slow, and compassionate under emotional intensity?
5. What is my intention in holding this space today?



Facilitator Self-Check (Before Each Session)

Place a gentle tick or note.

If your answer is “no,” pause and ground before proceeding.

- Am I regulated enough to hold others today?

☐ Yes ☐ No

- Have I grounded myself first?

☐ Yes ☐ No

- Can I slow the pace and not rush the group?

☐ Yes ☐ No

- Am I prepared to listen more than I speak?

☐ Yes ☐ No

- Can I allow silence without filling it?

☐ Yes ☐ No

- Am I open to truth, even when uncomfortable?

☐ Yes ☐ No If any “No” appears: pause. Regulation comes before facilitation.



Why TRUST is Not a Tick-Box Exercise

TRUST is a relational way of being. It cannot be performed or delivered through scripted responses. People feel tone, presence, and congruence more than words.

Congruence means that what we say and how we show up emotionally are aligned. When the body, tone, and intention do not match the words spoken, the nervous system will read the truth, not the language.

We do not “apply” TRUST. We embody it. Truth creates trust. Trust creates safety. Safety makes healing possible.



Reflection Sheet 1 – Understanding TRUST

1. What does TRUST mean to you personally?
2. When do you feel trust in your body? When do you feel its absence?
3. Which part of TRUST feels most familiar to you? (Trigger Recognition, Reassurance, Understanding, Safety, Truth)
4. Which part feels less familiar or harder to access, and why?
5. Why do you think emotional safety comes before self-regulation?



Reflection Sheet 2 – Observing in Practice

Think of a time when someone's nervous system shifted in front of you.

1. What did you notice? (tone, posture, movement, silence, withdrawal, urgency)

2. What happened inside your own system in response?

3. If you could revisit that moment using TRUST, what might you do differently? This exercise builds awareness, not correction.



Reflection Sheet 3 – Practising Safe Relationship

1. How do you personally signal safety to others?
2. How do you recognise when you need reassurance or grounding?
3. What does truth feel like in your body?
4. What is one small, gentle action you can take to increase relational safety this week? Small steps are powerful.