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Peer Group Chat

Date: 20/07/23

Title: Safe Sharing

Description: Safety can be a vital component of sharing openly with others, because of how personal and sensitive some things about us might be. Let's come together to share ideas and learn from others how we might be able to create safely with others to enable us to share openly.

TideisTurning (PSW)	Hi There @Outlander! We'll be getting started soon :)
Outlander	Hello!
TideisTurning (PSW)	Hi @CloudBerry:)
Amber22 (PSW)	Welcome! @CloudBerry@Outlander:)
CloudBerry	hello :)
tyme (PSW/ Moderator)	Hi @everyone :)

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TideisTurning (PSW)	<p>Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Safe Sharing</p>
Amber22 (PSW)	<p>Welcome! @Captain24</p>
TideisTurning (PSW)	<p>Hi There @Captain24! Great to see you :)</p>
Captain24	<p>Hi all</p>
TideisTurning (PSW)	<p>Tonight, Peer Support Workers @TideisTurning and @amber22 will be facilitating a discussion around the topic of Safe Sharing. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, safety is an important prerequisite to enable sharing. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about struggles establishing safety. @tyme who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-faqs) or message @tyme. We're looking forward to creating a space where we can reflect and learn more together about Safe Sharing.</p>

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TideisTurning (PSW)	Within this group tonight we'll be talking about: What safety might look like Sharing in different contexts to ensure safety Creating/ establishing safety
TideisTurning (PSW)	Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @TideisTurning
Amber22 (PSW)	Welcome! @chibam)
Amber22 (PSW)	:)
chibam	Hi @Amber22 (PSW) ! Hi all!:D
TideisTurning (PSW)	Hi @chibam:)
CloudBerry	im excited for this topic tonight
Amber22 (PSW)	Hey! at Welcome :)
TideisTurning (PSW)	Welcome @at :)

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Amber22 (PSW)	Yay! Me too :) @CloudBerry
CloudBerry	^_^
TideisTurning (PSW)	That's lovely to hear @CloudBerry. I hope you get something out of it! :)
Amber22 (PSW)	Welcome! @ch45
TideisTurning (PSW)	Hi @ch45:)
TideisTurning (PSW)	Q1: What does safety look like to you?
CloudBerry	safety, to me, is trust
Captain24	Comfortable and supportive
CloudBerry	trust and safety is like my entire mental health battle, it's so hard to establish a comfortable and safe environment for myself
Amber22 (PSW)	Safety to me is something that makes me feel stable and secure. It is something that I can seek comfort in, and often makes me feel like I can go there when I am feeling anxious or needing a bit of stability in my life.

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Amber22 (PSW)	Welcome! @Snowie@bobbie:)
TideisTurning (PSW)	Welcome @Snowie& @bobbie! We're just chatting about what safety might look like for us if you'd like to jump in :)
bobbie	hello thank you
Snowie	Safety to me is feeling secure within myself. It is knowing I can trust myself and my actions/thoughts
Outlander	@Amber22 (PSW) that's a really good definition. i like the idea that its somewhere you can also go when you feel anxious or need stability
chibam	Q1: TBH, "Safety" has become a bit of a twisted word in the mental health world, from my point of view at least. In just about every statement we make that even brushes on the issue of suicide, we have to assure the mods/authorities that we are "safe"; i.e. that we aren't going to attempt suicide anytime soon. But to me, that corrupts the word, when we are talking about fates that are much worse then death, because we are now forced to adopt someone else's perceptions & language about which of two alternatives is less awful, and more "safe", so we have to use language that, from our point of view, is a blatant lie.
CloudBerry	thank you for putting that into words @chibam , I've felt that way for a while but couldn't articulate

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ch45	I take the lead from my cat. Safety is being inside an enclosure with only one way in, and I'm watching that entrance. Only then can I feel safe
chibam	Nice to know I'm not alone, @CloudBerry:) Although I am sorry for your struggles that have given you such insight.
Outlander	great definitions all
TideisTurning (PSW)	I hear you @CloudBerry, Safety, and the things that contribute to it, can be hard and take time to establish. It's tough sometimes!
Meggle	Sorry I am late - trouble with technology
Amber22 (PSW)	Welcome! @MeggleGlad you're here now :)
TideisTurning (PSW)	You're here now @Meggle!
CloudBerry	my issue is having emotional flashbacks and my amygdala hijacking my brain, dethroning allies that have proven themselves trustworthy... sigh
CloudBerry	like i trust my partner one hour and not the next, keeps us on our toes hahaha ugh
Amber22 (PSW)	Hey! @Blackbird 11:)

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bobbie	Feeling safe is feeling accepted and not dismissed or trivialised.
chibam	When I was in therapy, I was often accused of being a coward - of being afraid/unwilling to take risks and do anything that would remove me from "safety". But IMHO, there are many degrees of safety, and while I am willing to take risks where there aren't certainties, I am resistant to situations where an adverse outcome is extremely probable.
TideisTurning (PSW)	That is tough @CloudBerry. I've been there. I feel like when there may've been previous difficult experiences, safety can take even longer to establish and/or become an inherent known belief
Blackbird 11	Hello @everyone
TideisTurning (PSW)	Q2: Why might safety be important?
chibam	So, I guess to me, "Safety" is any environment where good outcomes have at least a fair chance of coming about.
Outlander	In reality there are a lot of 'safe' places for me physically like I can go to different places that are technically physically safe but i struggle to get any feeling of being safe mentally. there's nowhere I really call 'home' or a 'safe place' even though technically I am safe where I live
CloudBerry	i agree with @bobbie re: not feeling trivialised. safety is being vulnerable and not getting hurt from simply being seen.

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Blackbird 11	Safety is knowing what's right for you
CloudBerry	also huge difference is seems for us all between literal safety and emotional safety
CloudBerry	and it's important to separate the two
Amber22 (PSW)	Feeling safe to speak about things is really important when going about your mental health journey, because it can help lighten the load to speak about what you're experiencing (when you feel comfortable and want to that is.) Making sure that you feel safe is the first key step to communicating your feelings and emotions.
TideisTurning (PSW)	I feel like that's a really important distinction with the degrees of safety @chibam. It sounds to me like your instincts are protective, and you're willing to try, just not if the risk is too high.
Amber22 (PSW)	That is a really good pick up, emotional and physical safety can look so different @CloudBerry
chibam	Q2: Because life can't be all one endless nightmare escape, if we are going to adhere to this ideology that it is worth sustaining. There needs to be islands of paradise - places where things are good and worth experiencing, and even fighting for - if remaining alive is to be worth our while.
Blackbird 11	Safety builds connections
Amber22 (PSW)	Welcome! @Tattersall

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Tattersall	Hello again everyone :) I missed the last two!
Amber22 (PSW)	Glad you're back! @Tattersall
TideisTurning (PSW)	Hi There @Tattersall. Glad you could be here with us tonight!
CloudBerry	sounds like a good self preservation instinct to me, @chibam ;)
CloudBerry	safety is important to have a life worth living
chibam	@TideisTurning (PSW) Yeah, I guess that's about right. I don't see anything wrong with that. I mean the wisest businessmen - even the known cavalier risk takers - won't latch on to an investment opportunity is they can see it has virtually zero chance of working out.
CloudBerry	and important for, like, every aspect of your health. low cortisol and all that jazz
Tattersall	I think freedom flourishes in safety, freedom to express yourself, freedom to choose your path etc.
Snowie	I think it is important when we are talking to our supports about our thought and actions. If I don't feel safe with them, then I find it hard to discuss things with them. I am often asked by my psych if I feel safe enough to discuss things with her. I struggle to answer that question.

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CloudBerry	creating intimate, strong relationships also can only be done with trust and safety
Outlander	2. life is hard enough as it is without having a feeling of safety involved
bobbie	@Tattersall spot on
bobbie	great points everyone
ch45	@Snowie I agree. But then, where do you go? Try a stranger and start all over (assuming can find one)
chibam	@CloudBerry So true. How can you have a meaningful relationship if you don't feel safe within it?
Snowie	@ch45It is hard to know where to go. Just like trusting someone, so does feeling safe with them. This can take a long time to establish
chibam	@Snowie And it is so, so much harder if you have a rich history of being burned by bad people.
Snowie	so true @chibam it is super hard
ch45	@chibam Ha! Just when I thought I was imagining things, I got burnt....too many times!
TideisTurning (PSW)	Q3: How do you identify someone who might be safe to share with?

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Tattersall	Hm, now isn't that the golden question
CloudBerry	thats a hard one lol
chibam	Q3: Lol! If I ever find one, I'll be sure to let you know!
Tattersall	Yeah if anyone has an answer the floor is yours XD
ch45	I feel true kindness shines out, even if you share nothing regarding background, philosophies, etc. THAT is a start
Amber22 (PSW)	Someone that is trustworthy, and non-judgmental. I also think that it is important when someone knows when you just want to rant and get things off your chest, but also knows when giving advice might be appropriate. Someone that knows how to navigate what I really need at the time, and is open to just sitting and listening while I get things off my chest.
Snowie	Q3. I wish I knew. When you have lost that safe feeling it is so hard to get it back.
bobbie	Someone told me, for any kind of relationship/friendship, it takes 2-3 months of regular interactions to really get to know someone. So I would say at least give it that much time. And follow your intuition.
CloudBerry	yeah its a gut feeling for a reason

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Tattersall	Identifying someone safe can't be said to be black and white. Safety is a very fluid concept, people change, you change, and the safe environment will change to. I suppose half the skill is to be vulnerable and strong enough to walk away if needed, to be safe for yourself
Blackbird 11	I feel someone with common interests. Someone kind and empathetic. Active listener.
CloudBerry	also people can be unsafe by accident. unfortunately humans make mistakes
TideisTurning (PSW)	Love this @bobbie. Time. A sense of safety doesn't just happen straight away!
chibam	@CloudBerry Couldn't agree more. There is so much pain in my life that I can attribute to being bullied out of going with my gut. My instincts are very good, but all too often, I don't have the good sense to stick with them.
TideisTurning (PSW)	That's true @CloudBerry. In those kinds of scenarios, I wonder if it would also be about observing how the person responds to their mistake- do they apologise? Seek to make amends & improve?
CloudBerry	to be fair though, its super hard to distinguish between actual gut feelings or instinctual hunches, and just trauma-caused paranoia hahaha
CloudBerry	fine line

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chibam	@TideisTurning (PSW) They never have in my experience.
TideisTurning (PSW)	I'm sorry to hear that @chibam
TideisTurning (PSW)	Q4: What qualities might someone who's not safe to share your story have?
CloudBerry	I've found that people who try to finish your sentences, or assume they know what you're on about, are not very safe.
CloudBerry	they don't listen, they just wait for their turn to finally talk again.
CloudBerry	and just anyone who appears super opinionated and aggressive...
CloudBerry	close minded people
ch45	Or just look at you in a certain way, when you catch them off guard (like when you talking)
Blackbird 11	Gossips, loud and aggressive, putting others down
Captain24	Those that don't hear you. Just assume they know how you feel. That are judgmental and trivialise what you say.
Snowie	I'm not sure that there are certain qualities but for me it is someone that cuts me off, doesn't listen to me, is passive aggressive

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CloudBerry	hehe it seems that most of us know exactly who we should NOT trust, as opposed to figuring out who is trustworthy... lived experiences
chibam	Q4: For me, a devout adherent to the philosophy that "suicide is always wrong. There's no fate worse than death", is automatically too close-minded to care for my point of view and my plight. Anyone that is content to watch you suffer for decades, just to retain their own personal preference that you maintain a pulse is never going to be an ally I can count on. More another captor I have to endure and appease.
CloudBerry	YES UGH, or "suicide is selfish"
Amber22 (PSW)	Some qualities of people who may not be safe to share my story with might be someone that is very judgmental, or someone that thinks that they know best yet hasn't experienced the same situation. I often can feel a bit shut down when someone tells me what to do, and expects me to do it, even if it isn't what I feel is right.
TideisTurning (PSW)	Ooft. Yes! So much of what y'all are saying resonates for me. People who invalidate, assume, those who have a tendency to be judgey. If anyone has those qualities, I'm generally a lot more cautious with sharing!
Snowie	I think it all depends on what we need from that person. I would say not telling on me, but I guess at times that is needed, especially when I am a harm to myself

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Outlander	it's sad that i see a lot of these bad qualities you guys have listed in the support workers im around
CloudBerry	people who are neurotypical lol
tyme (PSW/ Moderator)	Sorry to hear @Outlander
tyme (PSW/ Moderator)	It must be so hard to see that
chibam	@CloudBerry Yeah, I am so sick of that old chestnut. It's been debunked to the hilt, and still there are "experts" that seem intent on perpetuating it. To say nothing of its enduring presence in the general community.
Amber22 (PSW)	Oh I am so sorry @Outlander
chibam	@Outlander I think it's pretty common, unfortunately. The powers-that-be don't want to know, though, much less do anything to try to make things better.
Outlander	i can only hope im not one of those support workers
Captain24	From what I've seen @Outlander i really don't think so
chibam	@Outlander At least you *want* to do the right thing. That's more then we can say about most of them.:)

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Outlander	trying to improve the world one person at a time i suppose
Amber22 (PSW)	Welcome! Jay5 :)
TideisTurning (PSW)	Hi @Jay5 :) Good to see you!
Tattersall	That quote "suicide is always wrong. There is no fate worse than death". I honestly think this is right, it is wrong. It's not how it should be for us. In death, there is no chance for life. Perhaps I'm interpreting this wrong? Like is this coming from people who have a religious intent? Or some "just don't" mentality?
Outlander	I don't really have much to contribute here but I'm seeing a lot of flaws within the support industry. as someone who work lives and breathes it basically it's interesting to read what others find to be 'unsafe' most of them i could already guess though
TideisTurning (PSW)	That's a good question @Tattersall. I've often thought fear has something to do with that very absolute view.
TideisTurning (PSW)	Q5: What might you share or not share with someone to ensure safety? Would this be different depending on the situation? How/why?
Jay5	I don't know if this is even working haven't done one of these before took me a bit to get on
CloudBerry	awh @chibam ... I'm so sorry to hear you feel that way. my heart hurts for you

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Outlander	it is working @Jay5
bobbie	hi Jay5 welcome
Snowie	@Jay5just write what you are thinking, you are doing it right
chibam	Don't feel too bad, @CloudBerry . I'm used to it by now.
tyme (PSW/ Moderator)	You're on the right track Jay5 :)
bobbie	I think just depends on what you're comfortable with. How long you've known the person. The context/situation - friends or coworkers or ???
Jay5	I'll be in out and out but will try to stay on and reply a bit
CloudBerry	i don't like sharing my boundaries with people initially. if i share, people will probably think im "RePrEsEd". not repressed babes, just fucking traumatised.
Jay5	Yeah definitely depends on the place and who
Snowie	@bobbie couldn't agree more. You took the words out of my mouth
bobbie	also, some people are not comfortable listening to your story.

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CloudBerry	i only bother affirming boundaries if i know its worth the fight
TideisTurning (PSW)	That's fair @CloudBerry. There are some times when your boundaries are something you can just know and go by for yourself- you don't necessarily have to voice them in every single situation, with every person I don't think :)
Blackbird 11	I think sharing cultural backgrounds, pro nouns and kindness
Amber22 (PSW)	Sharing what you think is appropriate or best for you at the time is most important to ensure safety. Depending on the situation or how fragile you might be feeling about what you're going through will change what you choose to open up about and what you might keep to yourself. You might choose to share everything, or only parts of what you're feeling, but feeling safe to share anything with someone is very important.
Snowie	I think it is different depending on the person and how much I trust them with what I am saying/thinking. And once again, that is not easily achieved overnight. It takes a lot of time and effort
chibam	Q5: I tend to think in "long game" terms, so if I can't see that I'll ever be able to safely share everything with someone - that is, all the information they'll need for our interaction to produce a satisfactory outcome - then I probably won't bother at all.
Tattersall	I won't share how in my head I feel when I'm in social situations

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Captain24	Sharing just little bits to see how they react. It does depend on the setting. With sharing it all with your team should be safe. But not always.
ch45	Hey @chibam . I feel that every day. I'm trying to get to the 'live day by day'. Hope you can too
Jay5	Same Tattersall
CloudBerry	i tend to wait to see what their opinions are on things, how they feel about xyz, before giving my input.... like if they turn around and say first "oh, if they're so depressed, they should go live in poverty in Africa and then see what depression is", I'm DEFINITELY not going to have any sort of intimate, safe relationship with them hahaha
ch45	Re Q5: I share easier when hiding behind an online persona and VPN.
Tattersall	Jay5, do you sometimes have that feeling when around people that you are looking through your eyes, not with your eyes if that makes sense? Like you are just spectating, not at all in the moment
Outlander	@ch45 same for me. easier when its an online thing compared in in person
chibam	@ch45 Very true.
chibam	brb

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Snowie	Sometimes I am scared to share with someone. Saying it out loud makes it real.
Jay5	Sometimes @Tattersall especially in groups idk how to react in groups socially properly
Tattersall	@Jay5 I really empathise with you there, I can say thats the same for me
CloudBerry	i also struggle with social anxiety
CloudBerry	people are scary
Jay5	Same outlander online easier
CloudBerry	even in this chat I'm like oh did i say the right thing. maybe I shouldn't have said that. second guessing myself with everything
ch45	I seem to get judged so easily on the phone, so sad to see chatline now gone
Tattersall	Oml so its not just me CloudBerry hahaha
bobbie	I've been debating telling people who need to know (work etc) I have complex mental health needs. Then if they press further, I'll just say what complex mental health needs cover (a whole range) and let them decide what i have ha. Haven't done it yet though.
tyme (PSW/ Moderator)	Sounds like many of us are in the same boat!

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CloudBerry	hahaha nope you're not alone!
TideisTurning (PSW)	I'm hearing a lot of worry in the room, so just want to chime in and say y'all are doing awesome! :)
Tattersall	bobbie I recently said to a coworker I need to go home, they said oh what's up, I simply said "its my mental health". I knew how they would react, but seeing them just accept it and say have a good rest of the day and get home safe, it felt really nice.
Amber22 (PSW)	That is such a nice experience @Tattersall
CloudBerry	awh thank you @TideisTurning (PSW). very validating. means a lot !
Tattersall	So it might be worth it to speak up about your mental health? Maybe, just maybe. I think there is alot of respect from people nowadays when you say to the world who you are.
TideisTurning (PSW)	Q6: What kind of environment do you feel most safe to share in?
bobbie	That sa nice story @Tattersall
Amber22 (PSW)	Yes! I second that! @TideisTurning (PSW)

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ch45	@Tattersall so good to hear! My experience has been the opposite, so nice to see some light
ch45	Never again
Captain24	At the moment none.
CloudBerry	this is also a hard question to answer lol
Amber22 (PSW)	I think that I feel most safe when I am at home and able to share with someone. It is my safe space and therefore I feel more comfortable to open up, as opposed to being somewhere completely new and surrounded by people I don't know and trying to open up or share information.
CloudBerry	even when it's here, and I'm anonymous, it's terrifying
Tattersall	My silly tagging thing isn't working, but ch45 I am incredibly sorry to hear that. It made me really uncomfortable thinking of being rejected when admitting to mental health
Outlander	6. behind a screen. if I'm talking in person then usually outdoors and not stuck in an indoor setting where i feel the walls are closing in
Amber22 (PSW)	Hey! @Millieme

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Jay5	speaking of boundaries my kids are pushing mine and won't go to bed, so I gotta go lol thanks for this even though I was quick
Tattersall	Nice to meet you :)
Amber22 (PSW)	Thanks for coming along, it was so great to see you again @Jay5
TideisTurning (PSW)	Hi @millieme :)
CloudBerry	have a good night @Jay5
tyme (PSW/ Moderator)	Great to have you with us @Jay5
CloudBerry	ugh my tag thing is also not working
Snowie	I think the environment depends on the person you are sharing with. I can't do groups at all, I am much more comfortable when it is one on one. Groups of people overwhelm me and then my social anxiety gets worse.
TideisTurning (PSW)	Great to see you @Jay5! Thanks for stopping by to chat with us for a bit :)
Tattersall	I am the exact same, I for some reason can never ever mesh well with a group of people. One on one, perfectly fine, groups? I'm always the odd one out.

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CloudBerry	omg yes @Snowie having to talk in front of a group makes me feel like I'm going to pass out
Snowie	I too have a phobia of talking over the phone with people. Too many times I have been burned this way
Blackbird 11	In the company of safe people and safe places
CloudBerry	100% also hate phone calls, Snow, and I don't even answer calls from my brother
chibam	I'm back.:)
TideisTurning (PSW)	Groups can be tough. Y'all are doing it here though! May I ask, is it just being able to chat that makes it doable?
Tattersall	Does anyone else here not pick up the phone when a friend calls because a call is nerve-wracking...
ch45	I don't feel safe any more. Issue with therapist a while back, and since then jsut skirt around some issues. No friends or family that I can share. So the Great Algorithm keeps me company with curated viewing
Captain24	Yes @Tattersall
bobbie	I feel safe with my therapist 99% of the time. And my best friend.

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chibam	@CloudBerry I can relate. I'm terrible on the phone. A while back I used to get harassed real badly over the phone. The sound of a ringing phone used to put me on edge real bad.
Snowie	I rarely answer my phone @Tattersallunless it is my hubby or psych/pdoc
Tattersall	TidelsTurning, this setting makes it far easier because I am safe and I am right to presume we are all on the same wavelength. We each have an understanding without saying it, and that means the world to me personally having this as something available
CloudBerry	does anyone else hear someone's phone connected to their bluetooth in their car, and they can hear the phone ringing? it sends fear through my whole system every time i hear it hahaha
Tattersall	chibam did you ever work at a call centre for you to experience the harassment?
chibam	@Tattersall This is okay; but I much prefer forums, where I have the time to give more considered responses.
Tattersall	no you are not alone in that cloudberry hahaha, I'm the exact same it makes me shudder sometimes
Snowie	@TideisTurning (PSW)I am struggling with even this! But knowing I won't be judged on here does help

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chibam	@Tattersall No, the harassment I'm talking about came from so-called "friends", who were really just people that had latched on to me and exploited me.
Captain24	I'm struggling to @Snowie. I still fear I'm going to be judged though
CloudBerry	i also feel safer to share when I'm around my partner, my "safety net" my safe person...
bobbie	one-on-one too for me. Definitely. Need the privacy and quiet, not rushed.
TideisTurning (PSW)	Thank you for your courage @Captain24@Snowie. I really value both your presences here & your contributions to help make this space what it is!
chibam	@Tatersall Every time the phone rung, I just knew it was going to be another demand to do another favor for them, and I was not aloud to refuse, or else there would be consequences. The sound of the phone became a constant reminder of my captivity.
TideisTurning (PSW)	Q7: How could we go about creating a safe environment for sharing?
chibam	Is this chat running slow for anybody else?
CloudBerry	chibam i am sending you a virtual hug if you're into that. if not, sending such good vibes.
Amber22 (PSW)	It seems to be okay for me! @chibam, is it your internet?

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chibam	Lol. Thanks, @CloudBerry !:1f917:
Tattersall	I just read that text from you chibam, I can't imagine how stressful that must of been
chibam	@Amber22 (PSW) Maybe. Although I haven't had any other problems today.
Amber22 (PSW)	Making sure that we are not forcing others to share when they don't want to, or making others feel like they need to overshare. Rather it is important to create a judgement free zone, and allow the person to feel comfortable to share whatever they may want. Also asking if the person wants advice or just support is a good step, so you can make sure they are getting exactly what they need in that moment when they share with you.
Amber22 (PSW)	Maybe it's the platform @chibam
Captain24	I don't know the answer to this one. I don't even feel safe with my team right now.
Amber22 (PSW)	I'm sorry that you're experiencing that @Captain24 :(
Outlander	I'm particularly interested in this question. I don't really have anything to add but if it'll help me with my clients in creating a safe space for them then i am willing to learn
Snowie	I am not sure the environment is as important as the person. I do feel safe in my psych's office. She always has things I can fiddle with! It is also big enough that I don't feel enclosed and trapped. I hate the feeling of the walls collapsing on me.

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Tattersall	I'd really like to know how to feel more relatable to my colleagues, they all seem to have the same vibe about them that they group quickly and I'm usually on the outside. I'm okay with this, but I wish it was something I could control
CloudBerry	sometimes if I've been able to gauge that the person isn't real judgemental, i tend to test the waters and be honest first - i say truthfully how nervous i am, or how I'm worried about xyz. i find that -most- of the time, the other person is actually all "oh my gosh me too" which is a nice opportunity to bond
Tattersall	I absolutely agree :)
TideisTurning (PSW)	Ooh. I like that @CloudBerry. A small share to see what the response is like, then possibly building from there :)
CloudBerry	and i suppose me taking the first step in being vulnerable helps create an environment that can feel safe for the other person
Blackbird 11	Showing kindness, empathy and understanding
Outlander	i find i can be safe no matter the environment depending on the person that i am with. if that person feels 'safe' to me then i can pretty much be anywhere

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TideisTurning (PSW)	Love this @Outlander!
TideisTurning (PSW)	Q: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?
CloudBerry	we all in this together!
Snowie	I learnt that safety and trust go hand in hand. If you can't trust someone then you don't feel safe with them
Amber22 (PSW)	Love that! @CloudBerry
Snowie	Also that trust takes a long time to achieve, well for me anyway it does
Blackbird 11	I love that this is a safe space and we can share our stories, thoughts and journey
TideisTurning (PSW)	Q: Tonight's topic may have brought up some heavy feelings as we talked about struggles establishing safety. Would some self-care be helpful for you after we finish? If so, what might you do?
bobbie	funny youtube video

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Tattersall	I really look forward to this each week, its so nice knowing there's similar minds
Amber22 (PSW)	a hot cup of tea and a hot shower
Outlander	yes it was a heavy topic for me @TideisTurning (PSW)which is a little strange. i didn't expect it to be at all
Captain24	I've had a really rough few days and this was hard so I think I'll just go to bed
Blackbird 11	I'm calling a safe friend for self care
CloudBerry	im gonna go for a jog and then have a shower n hop into bed
TideisTurning (PSW)	Another show of courage @Outlander. You've done well sticking with it if it was heavier than anticipated :)
Outlander	its been a bit of a learning curve as well @TideisTurning (PSW)sometimes it's better to stick it out to learn even if I'm not actively participating
Tattersall	Thanks for being here Captain24, I hope rest of your week goes better :)
TideisTurning (PSW)	You've done well too @Captain24<3
Snowie	Going to take my meds and go to bed. Perhaps write in my journal too

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CloudBerry	good vibes to all. goodnight everyone
TideisTurning (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1 Psychological Safety (note- this discusses a workplace context, but could be generalised more widely): https://www.betterup.com/blog/why-psychological-safety-at-work-matters</p> <p>2 Telling Your Story: https://wayahead.org.au/telling-your-story/</p> <p>3 BRAVING- https://brenebrown.com/resources/the-braving-inventory/</p> <p>Also please feel free to join us on the SANE forums: https://saneforums.org/</p>
Amber22 (PSW)	Thank you for joining everyone :) Have a lovely rest of your night!
Outlander	goodnight everyone
bobbie	goodnight Thanks team for organising as always
tyme (PSW/ Moderator)	Thank you everyone.
Tattersall	Goodnight everyone!

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bobbie	and everyone else for input
Tattersall	Thanks for the resources :)
Tattersall	Thankyou moderators
Blackbird 11	Thanks everyone, take care <3
TideisTurning (PSW)	Thanks everyone for being here to share this evening with us & your contributions to make this space what it is! :) Take care all :)
TideisTurning (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like here:</p> <p>https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Safe-Sharing-Thursday-20th-July-2023-7-8-30PM/m-p/1316202#M339704</p> <p>Keep an eye out for the next Peer Group Chat discussion about Values. If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here</p> <p>https://www.sane.org/peer-support/peer-group-chat</p> <p>You can also ask questions for us to discuss in future peer chats!</p>

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