The Reflective Safeguarding First Look™

Spirit Led Institute · Introduction to Reflective Safeguarding™ · A lens, not a verdict.

Situation: _____ Date: _____

1. What actually happened?

Describe it plainly, without guessing motive.

2. What am I interpreting?

What do I know, and what have I assumed?

3. Is there a pattern?

What repeats? When does it happen, and when does it not?

4. Where is the power?

Who decides, controls information, includes or excludes, can walk away?

5. Who holds responsibility?

Mine? Theirs? Leadership's? The system's?

6. What happens when I exercise choice?

If I say no, ask, disagree, stop chasing, set a boundary?

7. What is my informed choice?

Participate, not participate, wait, or only with boundaries?

8. What response fits?

Speak, ask, wait, document, seek help, step back, or leave?

9. What can I put down?

What am I carrying that is not mine?

Seeing gives you information. Information gives you choice. Choice does not always require action.

Educational tool only — not a diagnostic, legal or risk assessment. In immediate danger, contact emergency services.