

- Questions
 - What are the different types of violence that you see in your neighborhood?
 - When do you feel unsafe?
 - How is safety through the lens of nonviolence different than what we are used to?
 - In your boldest imagination, what does an ideal community would look like? This could be pulling from your own experiences, or a completely new idea.
 - When do you feel safe?
 - What is something that makes your community feel stable and comfortable?
 - What are three of your personal core values?
 - How do you live out or embody those values in your daily decisions and actions?
 - What does it mean to embody safety as a core value? How does safety as a core value impact your daily decisions and actions?
 - What's one thing that you've gotten out of today's conversation that really resonated with you?
 - What's one thing that came out of today's conversation that you find difficult or concerning?
 - What do you need for support moving into the future?
- Words/phrases/sentiments
 - Window of Tolerance
 - Speed up, speed *way* up
 - Hyper-arousal: fight or flight
 - Slow down, slow *way* down
 - Hypo-arousal: freeze or fawn
 - Comfort zone
 - Calm, cool, collected, connected