April Unfiltered

A PRIVATE WORKBOOK

Safe Support Network Mapping Tool

A visual boundary diagram and protective communication buffer for organizing relationship access with care.

- Map who has access to you
- Name the conditions that protect you
- Choose your communication buffer

At your own pace | Printable | Not therapy or a diagnosis

BEGIN AT YOUR OWN PACE

Not everyone earns front-row access to your life

> *Access can be thoughtful, not automatic.*

Use relationship categories to honor your nervous system, protect your peace, and set safe communication buffers. This tool is a way to notice what access, trust, and protection currently feel right for you.

1. Move at your own pace: pause or return whenever you need to. You decide what to write and what to leave blank.

2. Categories are about access: they are about access and safety, not punishment or holding grudges.

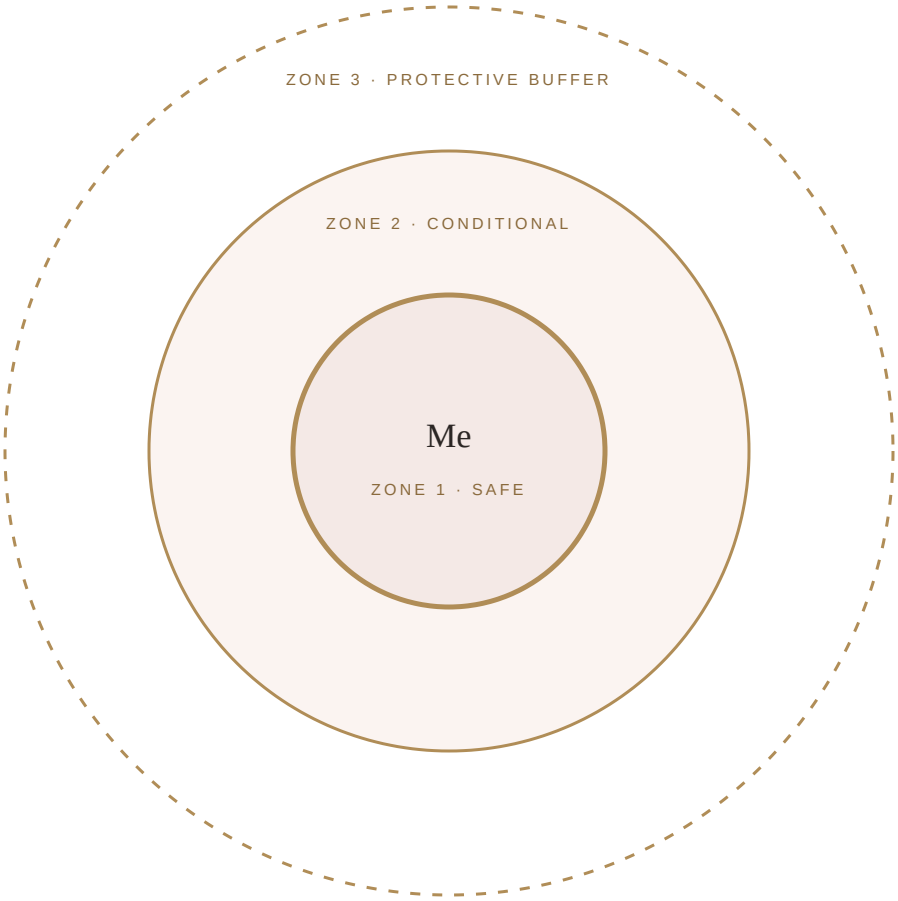
Keep this private. If someone in your life monitors your belongings or devices, think about where you keep this workbook, or use initials instead of names.

This workbook is a self-reflection tool, not therapy or a diagnosis. If you're in danger or need urgent help, please call 911 or the National Domestic Violence Hotline at 1-800-799-7233.

A MAP OF CURRENT ACCESS

The boundary map

Place each relationship in the zone that best reflects the access, trust, and protection currently needed. Write names or initials directly on the rings.



Center: Safe

Mutual respect and room for vulnerability.

Middle: Conditional

Limited access, or safety only in specific contexts.

Outer: Buffer

Managed or no access when contact is coercive, hostile, exhausting, or boundary-pushing.

Zone 1: Safe

ACCESS LEVEL

Deep access

Real-time sharing, high trust, and emotional support.

Look for

- Mutual respect
- Emotional regulation
- Honored boundaries
- Safety to be vulnerable
- Zero coercion or manipulation

Members in my inner circle

ZONE 1 · CARE AND ATTENTION

Protect and nurture Zone 1

Keep nurturing these relationships; express appreciation and maintain open, honest dialogue.

A SMALL PRACTICE

Notice what feels safe

Use the space below to name the support that feels safe here.

A SMALL PRACTICE

Make appreciation specific

Choose one relationship you want to appreciate.

What support feels safe here?

One relationship I want to appreciate

Who, and what specifically you're grateful for.

Zone 2: Conditional

ACCESS LEVEL

Limited access

Factual updates, low vulnerability, and structured interaction limits.

May include

- Surface-level friendliness
- Inconsistent behavior
- Gossip-prone dynamics
- Safety only in specific contexts

Specific contexts may include work-only, group settings, or structured environments.

Members in my conditional zone

ZONE 2 · MAKE THE LIMIT CLEAR

Specific conditions and boundaries

Name the person, the context, and the boundary that protects your energy.

Person

Context

Boundary

Person

Context

Boundary

Person

Context

Boundary

Example: Jane: No discussions about personal relationships or finances; public coffee chats only.

Zone 3: Unsafe / Protective Buffer

ACCESS LEVEL

No access or strictly managed

Minimal contact through a communication buffer.

Consider the buffer when contact includes

- High-conflict or coercive behavior
- Boundary-pushing or hostile behavior
- Emotionally exhausting interactions
- Gaslighting or repeated disregard for limits

This is a description of the access and protection currently needed, not a permanent judgment.

Members in my protective buffer zone

ZONE 3 · SET A PRACTICAL LIMIT

Choose your protective communication buffer

Circle the option or options that fit the access you need.

- ◯ **Written-only protocol:** email, parenting apps, or text; no unrecorded phone calls or in-person conversations.
- ◯ **Time-buffer rule:** a mandatory 2–24 hour response delay on non-emergencies.
- ◯ **Information diet:** no sharing of personal news, emotional updates, or future plans.
- ◯ **Third-party / parallel interaction:** engage only with a neutral third party present, or through a legal or co-parenting portal.

My additional buffer

Choose a buffer that reflects the communication limits you need.

A CLEAR LIMIT, IN YOUR WORDS

Communication buffer scripts

Short, calm, and repeatable. You don't owe an explanation.

ZONE 2

Redirecting overstepping

> *“I appreciate you asking, but I'm keeping that topic private right now. Let's focus on [neutral topic].”*

ZONE 3

Enforcing written or buffered limits

> *“I am only available to discuss logistical details in writing. Please send all updates via [email / app].”*

My version: Zone 2

My version: Zone 3

PAUSE, REFLECT, AND PROTECT YOUR PEACE

Reflection & action steps

1. Which relationship currently requires an immediate shift from Zone 1 or 2 into Zone 3?

2. What is one concrete buffer I will put in place today to protect my energy and peace?

Want support with what you found?

I work with women who are safe now but still feel clenched around intimacy, using the EVOKe Method: polarity, overwhelm and sensory load, and trauma recovery, with safety in intimacy at the center. A discovery call is a relaxed 30-minute conversation to see if we're a good fit, with no pressure.

EVOKe is coaching, not therapy or crisis support. If you are in danger, call 911 or the National Domestic Violence Hotline at 1-800-799-7233.