

Constructing my Safe Place Image

When times are difficult and we find ourselves overwhelmed with unwanted emotions, finding a way to achieve some calm and peace of mind can be important. This is an exercise which becomes more and more effective with practice. It is also enjoyable to do. You might want to practice daily for a few minutes. Practice will enable you to use this tool more effectively when you most need it.

Additional techniques to aid use of the Safe Place Image;

Make a written record of your 'safe place' image so that you have a reminder.

Use the narrated version of this exercise to see if it helps.

Consider also, finding an object to remind you of the safe place you create in your imagination (e.g. a pebble might remind you of the beach you envisioned). Try holding it as you practice and you may find that keeping the object with you at other times, helps you to gain easier access to the feelings of calm you experienced when imagining your 'safe place'.

Instructions;

Find a quiet place to sit comfortably where you will not be disturbed. Let an image come to mind that represents a Safe Place to you. Don't push it; just be open to whatever safe image occurs. It can be like a movie scene in your mind's eye, a memory, or recall of a picture. It can be something from your life, from your imagination, or from a book or movie. You can bring anything that is safe and comforting into your image. Make it your own. Don't worry if you have some difficulty at first getting a strong image. It will come. People have different ways of developing an image - some use a picture or a photo as a prompt. If you have difficulty imagining a safe place, find a picture that represents it or draw it.

- What do you see?
- Can you see yourself?
- How old are you?
- What else do you see?
- What sounds do you hear?
- Is there a smell or scent in the image?
- How do you feel in this place?
- How does your body feel?
- Is anyone else there? Remember, only safe people are allowed. Anyone or anything unsafe should be ejected now.

Self talk for the safe place image includes statements such as "I am safe," "I control this space and no harm comes to me here," "I feel calm," etc. Add your own words;

Name your safe place so that you can bring it to mind quickly and easily - for example, "Granny's house," "the treehouse at home," "Mrs. Smith's classroom," "my large blue bubble" etc.