Safe place exercise

In this exercise, you imagine a place that feels pleasant and safe to you. You can retreat to this safe place in your thoughts whenever you are feeling distressed. It is also a good idea to imagine your safe place when you are feeling better. This makes it easier to activate the mental image in your brain when you need it.

The more detailed you can make your image of the safe place, the better. This helps your brain learn to associate the safe place with feelings of safety and calm.

If you wish, you can listen to the exercise once before doing it. Now we will begin the exercise.

Imagine your safe place. It can be a real physical place you have visited, or you can create a safe place in your imagination. Close your eyes.

Let the image of your safe place come to mind. Keep the image in your mind rather than words or thoughts. Think about the details of your safe place and describe them to yourself.

What does your safe place look like?
What kinds of light and colors are there?
What does your safe place smell like?
Is it warm or cool there?
Are you alone in your safe place, or with someone?
Is there any kind of soothing sound in your safe place?

Use all your senses to describe the safe place in your mind.

Enjoy the relaxing feeling that your safe place brings.

Open your eyes.

The exercise is finished.