



SAFE SPACE VISUALISATION

Start by getting comfortable in a safe space where you will not be disturbed. Now, close your eyes and focus on your breathing.... in through your nose and out through your mouth.



Very good... now bring your awareness to any tension you might be holding in your body. See if you can let that tension in with each out-breath.

Now, imagine a place where you feel calm, peaceful and safe. This could be a place you've been before, somewhere you've dreamed about going to, or just a peaceful place you can create with your mind's eye.



Look around that space. What do you notice? What colours and shapes do you see? What else do you notice?

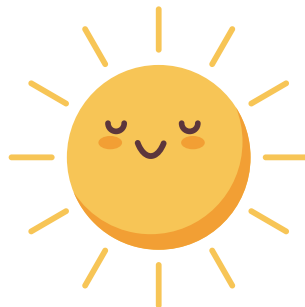
Notice the sounds that are around you, or perhaps the silence... sounds that are near to you and those far away, those that are more noticeable, and those that are more subtle.



What smells do you notice here?

Now focus on any skin sensations - the earth beneath you or whatever is supporting you in that place, the temperature, any movement of air, anything else you can touch.

Notice the pleasant physical sensations in your body whilst you enjoy this safe space. Maybe you feel the sun on your skin or a breeze blowing gently.



Now, whilst you're in your peaceful and safe place, you might choose to give it a name... a word or a phrase that you can use to bring that image back, anytime you need to.

You can choose to linger there a while, just enjoying the peacefulness and serenity. You can leave whenever you want to, just by opening your eyes and being aware of where you are now, bringing yourself back to the present moment.