



My safe place exercise

FREE WORKSHEET

My safe place

The Safe Place Exercise is designed to help you create a mental sanctuary where you can retreat to feel safe, calm, and at peace. This worksheet will guide you through the process of imagining and developing your own safe place.

Think of a place that makes you feel safe, comfortable, and relaxed. It can be a real location or a completely imagined one. Describe this place in detail.

Engage your senses by describing the sensory details of your safe place. Consider what you see, hear, feel, smell, and even taste in this calming space.

See	Hear	Feel	Smell	Taste

Close your eyes and take a few deep breaths. Imagine yourself in your safe place. Picture the details, immerse yourself in the sensory experience, and allow the calmness of this space to wash over you.

Focus on the emotions associated with being in your safe place. What emotions arise when you visualize and immerse yourself in this space?