

Safe Place Visualization Technique

1. Select a comfortable sitting or reclining position.
2. Close your eyes and take deep abdominal breaths until you feel your body relax completely.

Step 1:	Create, identify and visualize a happy place in your mind that brings up pleasurable memories. Visualize this place in all its detail, as if you were going to describe this place to someone who could not see it.
Step 2:	Incorporate sounds in your safe place. What do you hear? Are they soft or loud? How would you describe these to someone who could not hear?
Step 3:	Incorporate the sensations you feel on your skin. What do you find there? What sensations do you feel on your hands, fingers, skin, face? How would you describe this sensation to someone who could not feel?
Step 4:	Incorporate the smells you breathe. What smells exist in your safe place? Are they strong, flowery, airy, tasty? How would you describe these to someone who cannot smell?
Step 5:	Think about the feelings that come up when you spend time in your safe place. What adjectives describe these feelings and emotions?
Step 6:	Now put it all together and just enjoy your safe place. How does your body feel? What pleasurable sensations arise when you think about your safe place.

This technique is useful in reducing the feelings of stress and anxiety and creating a state of relaxation.

ENJOY!

