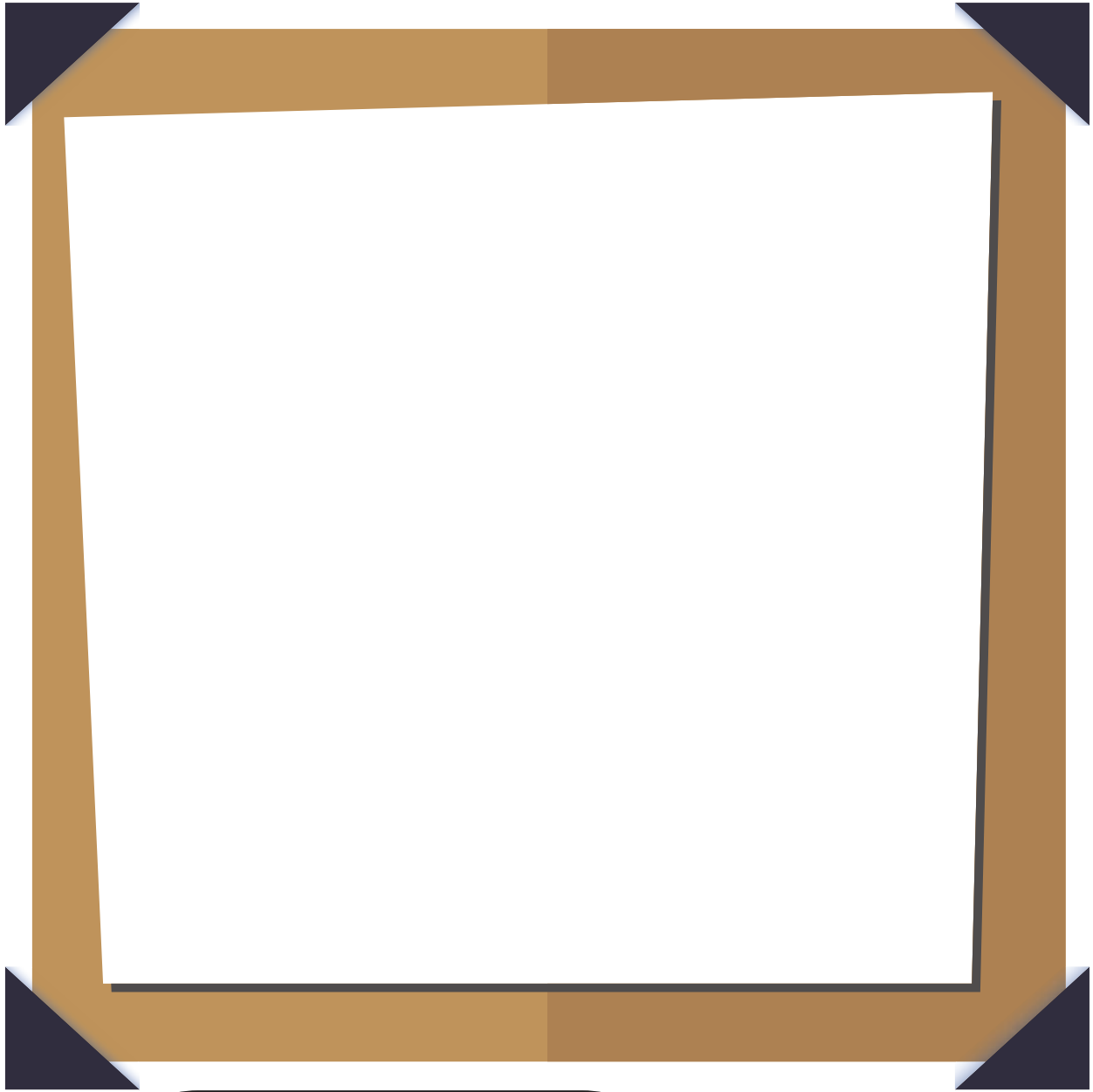


# DRAW A SAFE PLACE!

This can be a real or imagined space that you would feel real comfortable hanging out in.



Sometimes I picture a safe place in my mind and it helps me feel better.



## DIRECTIONS:

Think about a time and place when you felt really comfortable and safe. If you are having a hard time remembering a place, think about what makes a place feel safe for you?



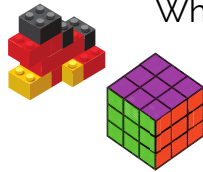


# ABOUT MY PLACE...

What does this place look like? Is it bright, dark, colorful, or sparse.....?



Are there any people there? Who?



What kind of things does your place have in it?



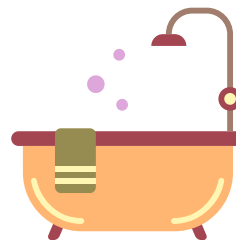
What kind of sounds would you hear in this space?



What about smells or tastes? What kind of scents or tastes are in your safe place?



What's the temperature like there?

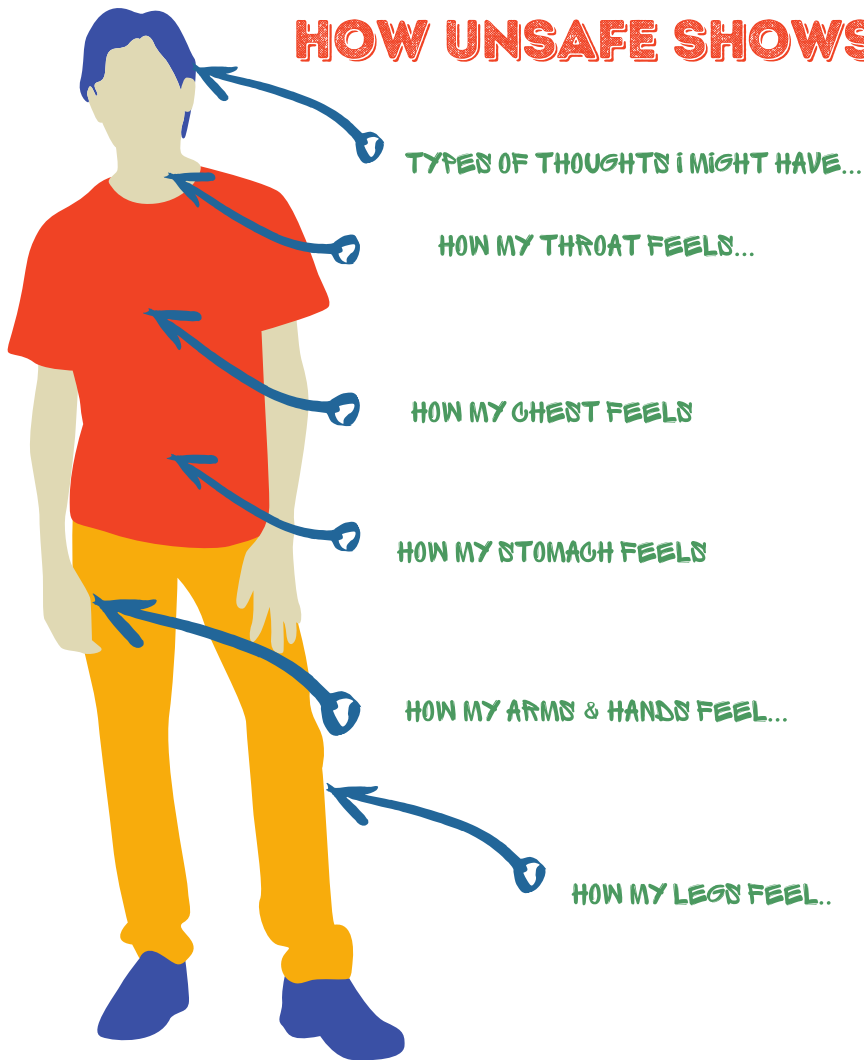


What about animals keeping you company?



**How do you feel  
after thinking about  
your safe place?**

# HOW UNSAFE SHOWS UP IN MY BODY....



# HOW FEELING SAFE SHOWS UP IN MY BODY...

Types of thoughts I might have...

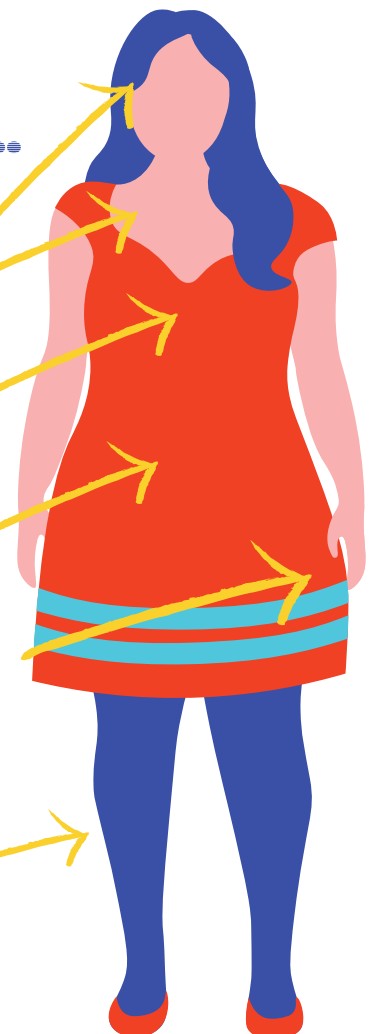
How my throat feels...

How my chest feels

How my stomach feels

How my arms & hands feel...

How my legs feel..



The way your body feels in different situations can tell you a lot!