

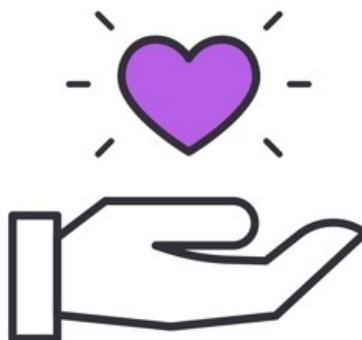


## Relaxing 'Safe Place' Imagery

All visualisations can be strengthened by ensuring you engage all your senses in building the picture in your mind's eye - it's more than just "seeing"!



1. Imagine a place where you can feel calm, peaceful and safe. It may be a place you've been to before, somewhere you've dreamed about going to, somewhere you've seen a picture of, or just a peaceful place you can create in your mind's eye.
2. Look around you in that place, notice the colours and shapes. What else do you notice?
3. Now notice the sounds that are around you, or perhaps the silence. Sounds far away and those nearer to you. Those that are more noticeable, and those that are more subtle.
4. Think about any smells you notice there.
5. Then 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.
6. Notice the pleasant physical sensations in your body whilst you enjoy this safe place.
7. Now whilst you're in your peaceful and safe place, you might choose to give it a name, whether one word or a phrase that you can use to bring that image back, anytime you need to.
8. 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, and bringing yourself back to alertness in the 'here and now'.





## Create Your Own Guided Imagery

Memories are a great place to start for creating your own guided imagery. Bring to mind a time when you felt happy, content, safe, or loved. This memory will be the starting point for this guided imagery.

Use the spaces below to write down the specific details you recall about each of your senses in this memory. If you cannot remember, then create some details that would have made the memory even better.

|                |                          |
|----------------|--------------------------|
| <u>See:</u>    | <u>Hear:</u>             |
| <u>Taste :</u> | <u>Touch:</u>            |
| <u>Smell:</u>  | <u>Feel Emotionally:</u> |

Close your eyes, and use the details you have written to imagine the scene. Congrats, you have made your own guided imagery.