



[Safe Place Imagery Guided Practice](#)

When you've experienced trauma, PTSD, panic, or severe anxiety, it's common to feel overwhelmed by distressing emotions, memories, or physical sensations. Sometimes these feelings can make the world feel unsafe or unpredictable.







The Safe Place Visualization exercise is designed to help you create and connect with a safe place in your mind-somewhere you can go whenever you need comfort, calm, or a sense of protection.

Preparation Steps

1. **Find a quiet, comfortable spot** where you can sit or lie down without distractions.
2. **Take a few slow, deep breaths.** Notice your body relaxing as you breathe in and out.
3. **Close your eyes** if you feel comfortable, or keep them open and let your gaze soften.
4. **Let go of any expectations.** There is no right or wrong way to do this - just focus on what feels safe and soothing for you.

Visualizing Your Safe Place

Take your time to imagine and describe your safe place. You can use the prompts below to help guide your visualization:

-  **Where is your safe place?** Is it indoors or outdoors? Real or imagined?
-  **What do you see?** Notice the colors, shapes, and objects around you.
-  **What do you hear?** Listen for sounds: birds, waves, silence, music, or anything else that feels comforting.
-  **What do you feel?** Notice the temperature, textures, and sensations in your body.
-  **What do you smell?** Are there pleasant scents: flowers, fresh air, or something else?
-  **Is anyone with you, or are you alone?** Do you feel safe and supported here?

You can stay in your safe place for as long as you need—even just a few minutes can help you feel more calm and centered during difficult moments.

Reflection

Take a moment to notice how you feel now compared to when you started. How does your body feel? What thoughts or emotions are present? Remember, you can return to your safe place anytime you need support, comfort, or a moment of peace.