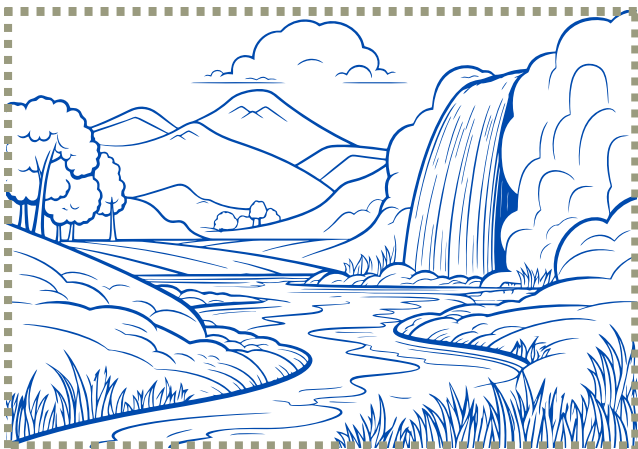


Safety space



My safe space

Instructions

Imagine the perfect place where you feel safe, calm, as if nothing bad could reach you. You can start with these questions:

- If safety were a place imagined only by you, how it would be?
- What would be in this space?
- What time of the day would it be? What temperature would it be? How does it smell, what do you hear?
- Who or what would take place in your safe space?

Build in your mind the perfect place that gives you security, well-being, the calm feeling. Then draw it on a sheet or use symbols that would be your anchor* for your safe place.

*anchor = symbol/object that you will use for quick association with the subject (in this case, the safe place)

My safety spot blueprint