GUIDED FANTASY

JOURNEY TO A SAFE PLACE

(To be read aloud slowly and clearly to the group. Allow pauses so group members can reach a relaxed state and have time to visualize their safe place.)

Lie on your back or sit comfortably in a chair with your palms facing upwards. Uncross your legs and arms and allow your body to relax naturally. Let the full weight of your body relax. Breathe in and slowly exhale. Do this several times until you feel your body begin to relax.... Breathe out any tension or anxiety. Ask your body to let go and just relax....

Imagine that you are getting ready for a train ride. You are going on a journey to a safe place.

Imagine yourself packing a suitcase for this trip. What would you need for your journey of healing? You may want to take someone that you can talk to along the way—a trusted friend, a close family member, a therapist. Take a few moments and think of other things that you would need to take on your journey.

Now that you are packed and ready to go, imagine yourself getting on the train. You slowly climb the stairs and enter the train. You sit down in a big, comfortable, cozy seat. As you sit down, you can feel your whole body sink into the softness of the chair. Your whole body feels relaxed.

The train begins to move, slowly gliding along. You feel as if you are floating gently and peacefully toward a place of tranquillity. Take time to enjoy the slow, peaceful ride....The sun fills the train car with soothing warm light. Your body fills with warmth from the top of your head to the tips of your toes. Allow yourself to feel this warmth.... You breathe in peacefulness. The train approaches its destination. You begin to feel more and more peaceful and calm.

Now imagine yourself in this safe place. Take time to feel what is around you.... Breath in and smell the tranquil air.... Listen to the comforting sounds.... Take a few moments to visualize your place of safety. It's a place where you feel at peace, secure, and in control.....

Now slowly and whenever you feel ready, allow your mind to return to the room. You slowly begin to feel your surroundings, hear the sounds, smell the room, touch the floor beneath you... Whenever you feel ready, you may open your eyes.