CREATING A SAFE PLACE

A way of coping with the effect of trauma is to create a place where you feel safe in your living environment. This safe can be real or imaginary. For example you may have a quiet corner in your home or, if this is not possible there is always the beauty of your creative imagination - a field of daisies, or a beautiful beach

Practice Exercise

1. Where is this place? Think of a place, experience, or time of safety and security. Here you feel and experience security, safety and calmness

2. What does it look like? Be aware of sights, sounds and any sensations in your body. Be aware of textures, of time of year, of time of day. Be aware of colours. These may or may not be important to you. Just be aware if they are.

3. What will you put in this place to bring you comfort? Be aware of whether or not another person or other people are present. Be aware of what is important to you.

4. I s there anything you need to change to make this place more comfortable?

5. Select a little symbol or object that reminds you of this safe place.What is this object?

6. Think of the symbol and how it feels for you . Think about how it will remind you of this place of safety and security. Feel free to use this symbol or object when you need to feel safe and secure. How will you use the symbol?