

My Safe Space

This worksheet will help you create your own “happy place.” A safe space does not have to be a physical location. It is a state of mind. Your safe space can be anything, anywhere you feel safe and secure. Here are some prompts you can use to consider what your safe space can be. Use this safe space anytime you feel distressed. Focus your attention to your own personal safe space.

1. Location of my safe space. Example: ocean side, a specific room

2. Details of my safe space. What can you see, hear, smell, taste, touch. What kind of light does it have? Is it warm or cold. Any objects you would like in the space?

3. Is there a position or movement for your body that you find relaxing in this safe space?

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4. Do you want invited helpers/support such as angels, pets, selected people.

5. Some people like to create a way to get into your safe space such as; secret passwords, magic portal, secret passage, high tech scans.

6. My safe space feels. List any emotions and sensations when you think of it.

7. Any additional notes.
