



Creating a Safe-Secure Space – for Yourself

- **Connect with Yourself**
Create the physical conditions for safety and comfort. Sit in a place that is quiet and free from interruption. Sit in a way that is comfortable, with your spine long and your body relaxed. With your eyes open or closed, take 2-3 full soft breaths, and bring your awareness inward. When you are ready choose one or more of the following practices...
- **Authentic Sense of Self**
Remember a time when you felt a comfortable, authentic connection with yourself. *(Climbing a mountain, floating in a boat in the middle of a lake, talking with a friend, walking a dog, doing music or art...)*
Notice as you connect to this experience of yourself, what you feel physically in your body.
What are the physical sensations you feel in this moment when you contact that memory of feeling authentic and connected to yourself?
Let your awareness rest on any pleasant sensations you feel inside, and enjoy the authentic feelings in this moment.
Take 3 slow deep breaths, and gently open your eyes.
- **Safe, Secure, and Calm Place**
Imagine some place you've been or imagine being that feels calm, secure, and safe. *(By the ocean, mountain stream, meadow, still pond...)*
Bring up the image of that time/place, and notice the sights, sounds, smells and body sensations.
What are the physical sensations you feel in this moment when you contact that calm and safe place?
Let your awareness rest on the pleasant sensations you feel in your body in this moment. Savor the experience and enjoy this moment of calm and safety within your self.
Take 3 slow deep breaths, and gently open your eyes.
- **Soothing External Focus**
Bring your attention to something in your environment that is soothing, relaxing, or beautiful to look at. *(With soft eyes gaze upon a special object, a piece of art, a flower, a pet, or gaze out the window at something beautiful)*
What are the physical sensations you feel in this moment when you bring in that image?
Let your awareness rest on the pleasant sensations you feel in your body as your senses receive the visual image. Savor the experience inside and enjoy this moment of soothing calm and relaxation within your self.
Take 3 slow deep breaths, and gently open your eyes.
- **Closure: Anchoring the Experience**
Know that you can shift your awareness at any time, even when stressed or emotionally activated, to return to this experience – this ground of deep connection, calm, relaxation, and safety within yourself.