

# CREATING A SAFE/BRAVE PLACE

When you think of safety, what comes to mind? You are invited to think about a place, real or imaginary, where you can go to feel safe and/or brave. Maybe it's a place you've been to before or one that only exists in your mind. If you have trouble thinking of something, think of a place that can be safe and/or brave for you. What do you see, what do you hear, what do you smell, what do you feel, what do you taste? You can use words, images, shapes and colors to show your safe/brave place. Whatever comes up for you is OK – there is no right or wrong way. On the lines below, you can describe your safe/brave place. You can use your creation as a reminder of how your safe/brave place looks and feels to ground you in the present and remind yourself that in this moment, you are safe.

About my safe/brave place: \_\_\_\_\_

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