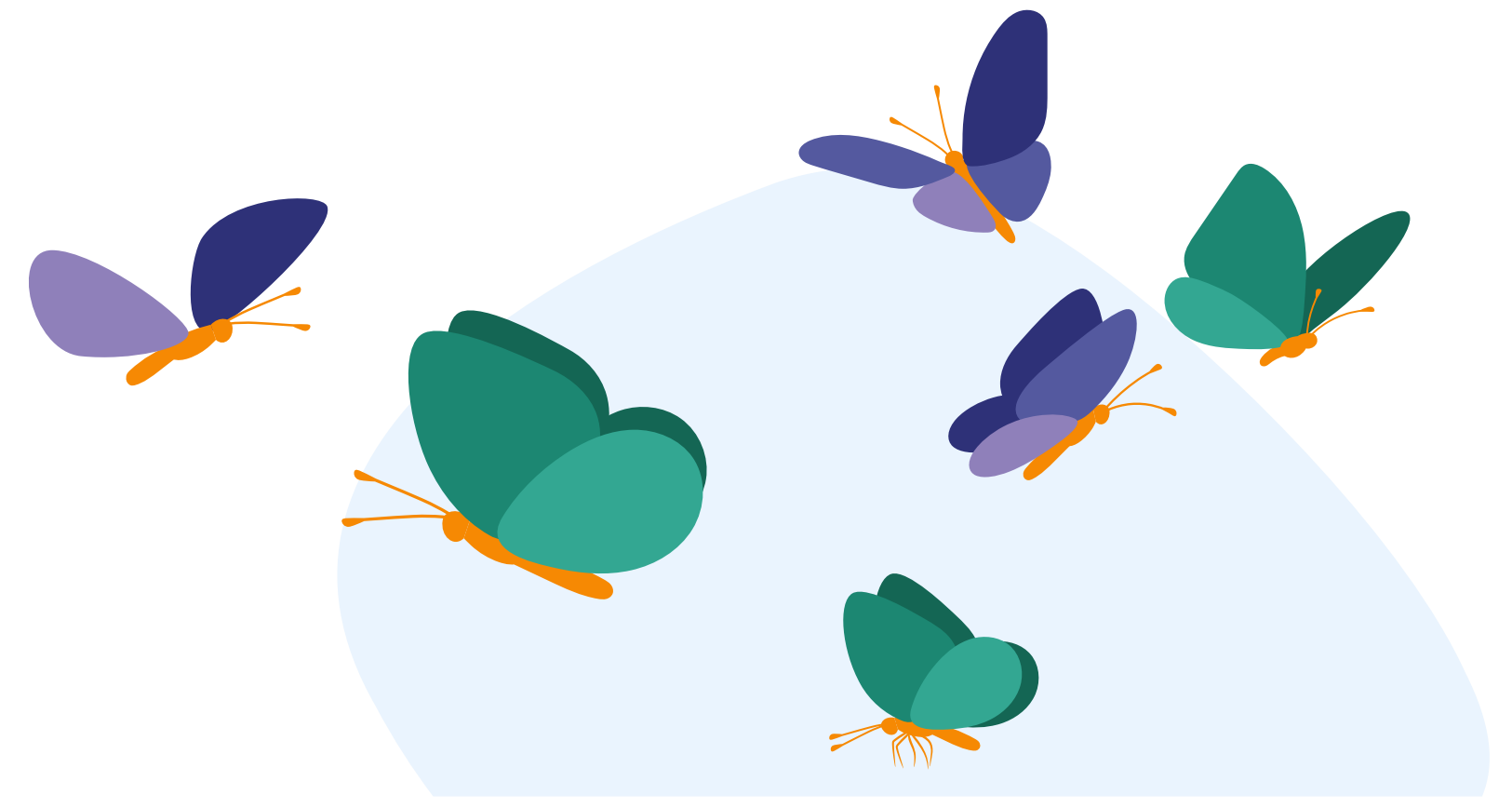


Exercise sheet

SAFE PLACE MEDITATION



- Close your eyes and breathe calmly.
- Now I would like you to think of either a place you know or an imaginary place where you feel calm and safe. A place that represents well-being and peace of mind for you.
- In this place, observe the sounds, the colours, the smells, its particular light.
- Become aware of what you feel in your body when you think about this safe, calm place.
- Just take a moment to enjoy your place, letting your body be lulled by your place.
- Focus on the pleasant sensations you feel and begin to flap the wings of your butterfly by tapping yourself alternately from left to right, six times.
- Take a deep breath.
- Think of a word that represents this safe and calm place for you.
- Notice the pleasant sensations you feel. Focus on these sensations and flap the wings of your butterfly six times.
- One last time, focus on your safe place, thinking of your key word, then open your eyes.

