

EXERCISE 20

Safe Space

Access the audio file at estrangementenergycycle.com.

- Step 1:** Take several deep breaths as you allow yourself to relax and bring your attention inward. Begin to bring to mind an image of a place that feels safe. This place can be real or imagined.
- Step 2:** Focus on this safe space in all its detail. What are the sounds of this place? What can you smell? What can you taste, touch, and see?
- Step 3:** Notice how you feel in this space. If it begins to feel like anything other than relaxed, calm, happy, or safe, you may need to restart this exercise to identify another safe space.
- Step 4:** Once you have your safe space captured in vivid detail, ask yourself what is one word that would represent this space, giving you access to it again in your mind? Try out the word by saying it in your mind or aloud. If it feels positive and reinforces the imagery of your safe space, write the word down.

MY SAFE SPACE IS
