



VIOLENCE FREE
MINNESOTA

THE COALITION TO END RELATIONSHIP ABUSE

The Safe Place Exercise Script

Sometimes it's nice to have a place all to yourself. A place where you can be yourself and where you can't be disturbed. To go to this place, I'd like you to sit back in your chair with your feet firmly planted on the floor, and close your eyes.

And as you're sitting here, you can direct your attention to your body. There's no need to think, just direct the bright light of your attention to your body, and notice how it feels. Maybe you can feel your back against the chair, as well as your neck and your shoulders, and your arms relaxed beside your body. Just let yourself sit here, without doing anything.

And when you realize you're still thinking, remember there's no need to run after your thoughts. Just let them pass, like the clouds. Your whole body is calming down. You don't have to do anything, or think of anyone, or go anywhere. Just find peace and quiet inside yourself. And when you're feeling relaxed, you can travel in your mind to a place where you feel completely safe. It can be a place where you've been before, or where you'd like to go. Or a place that suddenly pops into your head. Somewhere you've been on vacation, or the home of someone you like visiting. This place might simply pop into your mind. A place where it's beautiful and peaceful, where you feel good and safe. It's a place where you're loved and where you're perfect just the way you are.

Why not go to this place in your mind and feel how nice and safe it is. What can you see? What's around you? Maybe you're seeing beautiful colors, or animals, or other children. What do you notice? There's no need to think of anything, or do anything, or take care of anyone. Just be. With yourself, in this safe place, where it's beautiful and warm. Things are good here. Nothing needs changing. You can always come back to this place whenever you feel the need. It's always nearby.

Why don't you wish yourself all the safety and happiness in the world? In the warm glow of your heart, you can see yourself the way you are. Beautiful and sweet and just perfect. It's safe and good. And remember you can always come back to this place, to this safe place. You can stay a bit longer, and then, when you hear the sound of the bells, you can take this warm, safe feeling from the inside to the outside world.



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Wherever you are, this safe place is always within reach. All you need to do is direct your attention to it. See? Here it is.