**Relaxing 'Safe Place' Imagery**

* Imagine a place where you can feel calm, peaceful and safe.  It may be a place you've been to before, somewhere you've dreamt about going to, or maybe somewhere you've seen a picture of.
* Focus on the colours in your peaceful safe place.
* Now notice the sounds that are around you, or perhaps the silence.
* Think about any smells you notice there.
* Then focus on any skin sensations - the earth beneath you, the temperature, and any movement of air, anything else you can touch.
* Now whilst you're in your peaceful and safe place, you might choose to give it a name, whether one word or a phrase that you can use to bring that image back, anytime you need to.
* You can choose to linger there a while, just enjoying the peacefulness and serenity. You can leave whenever you want to, just by opening your eyes and being aware of where you are now.

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