

Calm Place

- You can use peaceful place, special place, secure place or whatever words are more suitable for you.
- Begin to think of a place real or imagined that you wish you could be in where you are calm and at peace. It might be a place in nature, somewhere you have visited or in your imagination. Notice all the details...temperature, colors, time of year, time of day.
- As you think of the place notice what you see?...hear?...smell?...feel?...sense in your body?
- Think of a word or phrase that represents/describes how you are feeling in your calm place?
- Bring up the image of that place, focusing on the sensory factors. Concentrate on where you feel the pleasant sensations in your body and allow yourself to enjoy them. Continue for as long as it feels good.

Considerations:

Can include people, animals, figures as long as they increase comfort.

If the place is contaminated by a negative experience may need to consider a new place.

If having difficulty holding positive state, try focusing on it for short bursts of time.

Practice calm place at home, as often as you can, to strengthen.