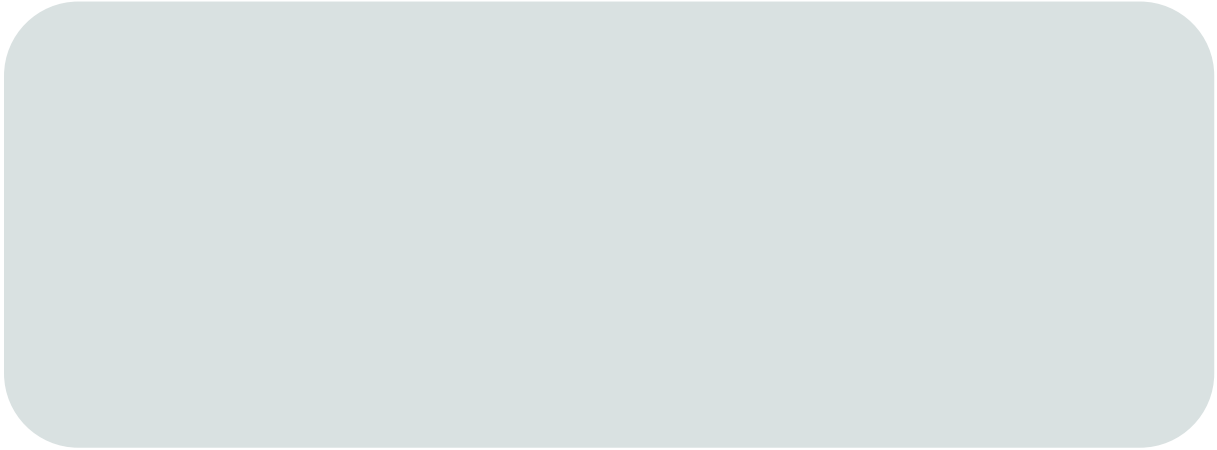


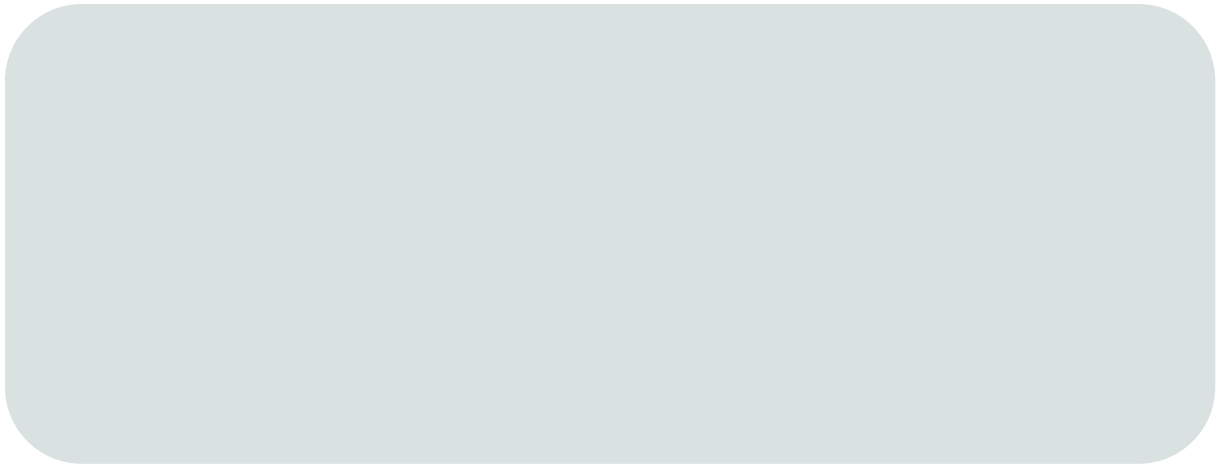
### HANDOUT 4.3: YOUR PLACE OF SAFETY

Describe your place of safety; don't worry about grammar, you can just use key words if you prefer!



Draw your place of safety (or elements of it). The drawing does not need to be perfect and sometimes simply colours can capture your place of safety:

What metaphor would you use to describe the sensations you experience when in a state of safety? Or what would you say your experience of safety was like or similar to?



What do your three circles look like when you are in a state of safety or seeking a state of safety?

You might wish to use other mediums to explore your place of safety.

- You can create a vision board (either digital or using a poster) where you can include images from the internet or magazines, pictures, drawings, words that evoke a sense of safety.
- Reflect on what smells bring you a sense of safety; try to surround yourself with these smells and notice what sensations and mind states these smells bring
- Create a Spotify playlist for your place of safety; if you want, you can share this with the group!