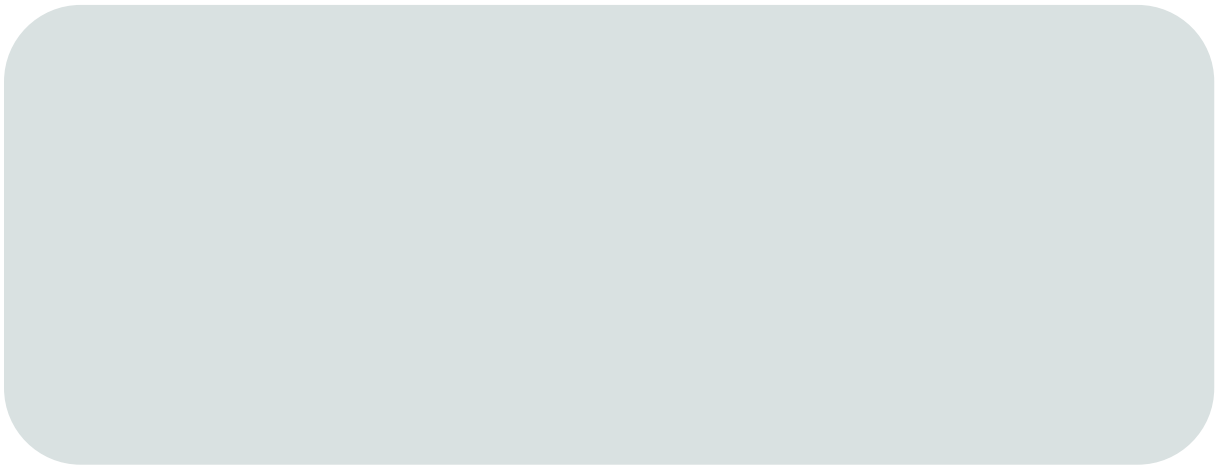


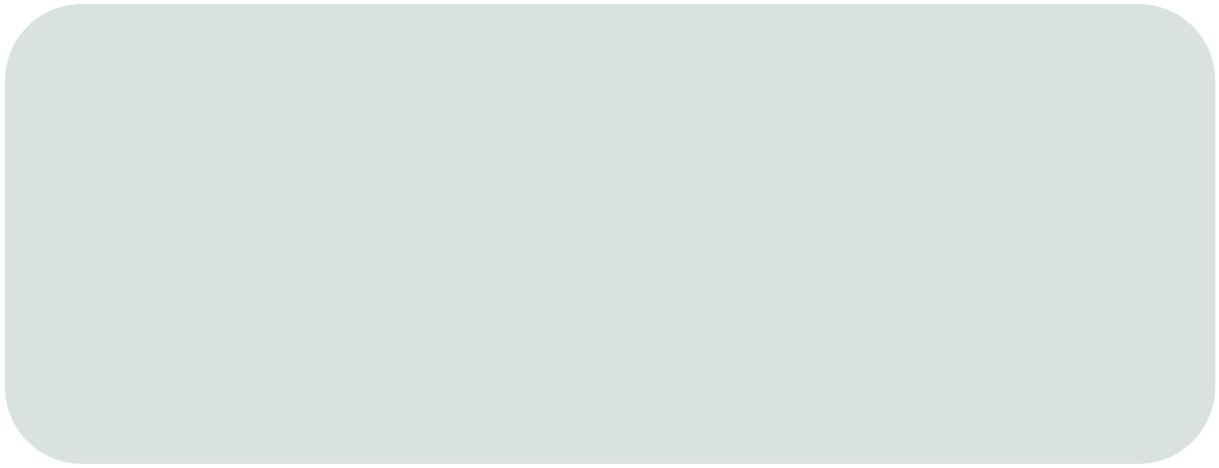
## HANDOUT 4.4: YOUR PLACE OF SAFENESS

Describe your place of safeness:



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

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



What do your three circles look like when you are in a state of safeness?

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