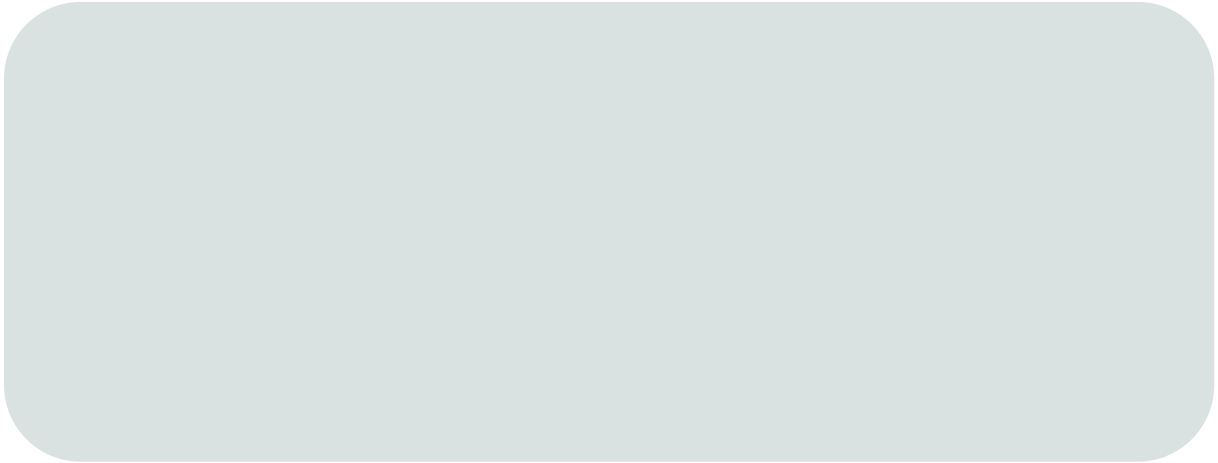


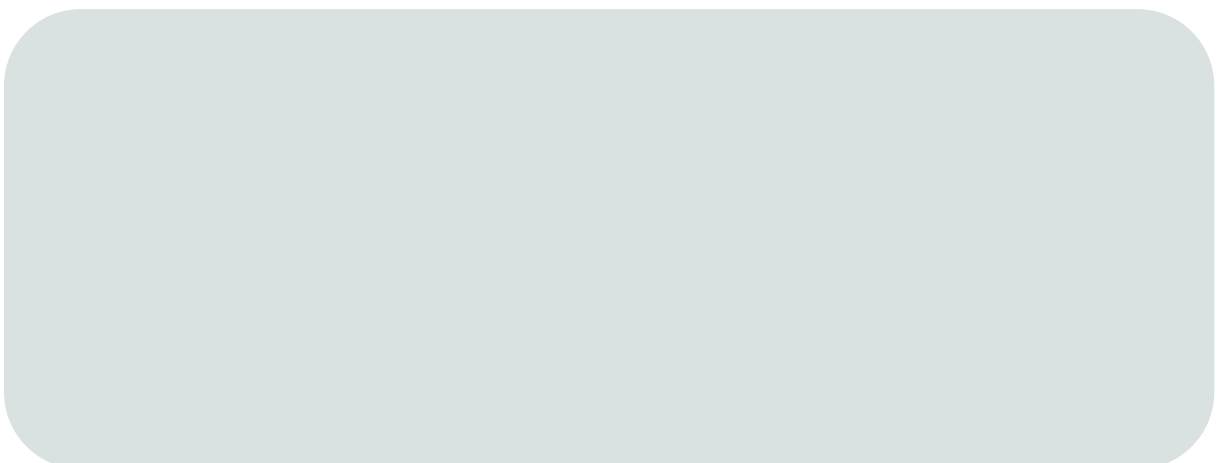
## HANDOUT 4.5: YOUR COMPASSIONATE PLACE

Describe your compassionate place:



Draw your compassionate place (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 your compassionate place? Or what would you say your experience of the compassionate place was like or similar to?



What do your three circles look like when you are in a compassionate space?

You might wish to use other mediums to explore your compassionate place and space:

- 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 safeness and safety together.
- Reflect on what smells you would want to have in your compassionate place; try to surround yourself with these smells and notice what sensations and mind states these smells bring
- Create a Spotify playlist for your compassionate place, a soundtrack you would like to play when you occupy this space; if you want, you can share this with the group!