

Safe Place Visualization Script

Script

Find a comfortable position. Take a slow breath in through your nose, and a longer breath out. Picture a place where you feel calm and safe—real or imagined. Notice colors, shapes, textures, temperature, sounds, and any soothing scents. In your mind, walk through this place for 2–3 minutes. If distressing thoughts appear, gently bring attention back to the details. Choose a word (e.g., 'calm') to anchor the feeling. When ready, open your eyes and carry that word with you.

Practice Notes

Date	Duration	SUDS Before (0-10)	SUDS After (0-10)	Notes

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