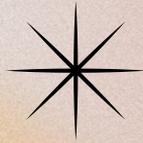


SWEET ESCAPE

A SAFE PLACE IMAGERY SCRIPT



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SWEET ESCAPE

(Safe Place Imagery Script)

We are going to take some time to imagine a safe place. A place where you feel at peace, content, and an overall sense of safeness. I will guide you through this exercise and you'll notice that I pause at times. This is just to give you the space to really develop your safe place in your mind and fully engage with it.

Let's begin.

Find a comfortable place where you can sit or lie down without any disturbances or limited distractions. Take a moment to settle into a posture that feels present and at ease. Allow a soft and friendly expression to grace your face as you begin engaging in calming, deep breaths.

(Pause 10 seconds)

When you're ready, spend some time imagining a place that holds a deep sense of calm, safety, and contentment for you. It may be a place you've been to before, somewhere you've dreamed about going to, a combination of different places, or just a peaceful place that you create in your mind's eye. If no specific image comes to mind initially, or if many different images pop up, that's okay; remain patient and mindful, giving space for a serene, soothing image to emerge.

(Pause for 15 seconds)

Once an image has formed, take a moment to explore this place. Notice any colours, shapes, or objects that you see. Spend about 30 seconds exploring the different things you can see. As you do this, pay attention to the emotions that arise within you, embracing the sense of peace that this image brings.

(Pause 30 seconds)

Next, let your awareness tune into any sounds that may be present in this scene. Sounds far away and those nearer to you. Those that are more noticeable, and those that are more subtle. Maybe there is just a calm silence. Allow these sounds to further deepen your feelings of calm and peacefulness. Spend about 30 seconds mindfully listening to these soothing sounds, noticing their different qualities.

(Pause 30 seconds)

Now, take a moment and notice any soothing or comforting smells present in this imagined place. If there are any, allow these scents to envelop you, creating a sense of tranquility within you.

(Pause 30 seconds)

Now, focus on any physical sensations you experience in this space—maybe the earth beneath you or whatever is supporting you in that place, the temperature, any movement of air, or something you can touch. Spend 30 seconds embracing these sensations.

(Pause 30 seconds)

As you continue to engage your senses, notice how being in this calm and peaceful place makes you feel. Embrace the feelings of safety, contentment, and relaxation that wash over you. Spend about 15 seconds simply basking in the serenity of this moment.

(Pause 15 seconds)

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(Safe Place Imagery Script)

You may discover that you're in the company of someone or something else in this scene. If you find yourself alone, take a moment to thoughtfully invite someone or something that would enhance your sense of calm and contentment. Choose a presence that feels genuinely helpful and comforting, deciding whether they are physically close or at a comfortable distance from you.

(Pause 30 seconds)

In this special place that is uniquely yours, imagine that it has an awareness of you. Feel welcomed and supported by this calm sanctuary, knowing that it wants you to feel safe, at ease, and embraced. Take a minute to cherish this sense of support and security.

(Pause 45 seconds)

As this is your own tranquil haven, consider what activities you'd like to indulge in while being here. Whether you choose to revel in stillness, simply being present in the moment, or opt to explore the surroundings actively—skipping, swimming, or playing games—it is entirely up to you. Allow yourself to engage freely, feeling both at ease and engaged in this comforting space.

(Pause 20 seconds)

Now, while you're in your safe place, you might choose to give it a name, whether one word or a phrase that you can use to bring that image back, anytime you need to.

(Pause 15 seconds)

Before concluding this practice, allow yourself to linger a few seconds more.

Now, take a mental snapshot of this image. Remember that you can return to this place whenever you want to. It will always be there for you, waiting to offer its support.

Now, gradually allow the image to fade, bringing your attention back to your breath and your comfortable posture. Take 10 seconds to ease back into your awareness of the present moment.

(Pause 10 seconds)

When you feel ready, slowly open your eyes if they were closed and bring your awareness to where you are now.

Carry this sense of calm and peace with you, knowing that you can always return to this safe place in your mind whenever you need its comfort and strength.

Developed by Dr Larissa Johnson

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