

Safe Place in Nature Visualization Worksheet

Name: _____ Date: _____

This exercise helps you create an internal sense of safety by connecting with a real or imagined place in nature. You can return to this place anytime you feel overwhelmed, anxious, or triggered. Doing so will help you to re-enter being mode in the present moment.

Step 1: Choose Your Place

Close your eyes (if comfortable) and imagine a place in nature where you feel safe, calm, and at ease.

This can be:

- A place you've been before
- A place you've seen in pictures
- A completely imagined landscape
- Any outdoor "sacred space" you have created for yourself

My safe place is:

Step 2: Engage Your Senses

Bring this place to life by exploring it through your senses.

What do you see? (colors, shapes, light, distance)

What do you hear? (wind, water, birds, silence)

What do you feel? (temperature, textures, ground beneath you)

What do you smell? (earth, trees, air, water)

What do you notice in your body as you are here?

Step 3: Deepen the Sense of Safety

In your mind, gently explore this place.

Where do you naturally want to sit, stand, or rest?

Is there anything here that offers protection or comfort (tree, cave, sunlight, water)?

Describe what makes this place feel safe:

Step 4: Create an Anchor

Choose a simple way to return to this place when needed.

This could be:

- A word or phrase (e.g., "forest," "river," "home")
- A breath pattern
- A physical gesture (hand on heart, touching fingers together)

My anchor is:

Practice:

1. Inhale slowly and imagine entering your safe place
2. Exhale and feel your body settling there

Step 5: Returning

When you are ready:

1. Take three slow breaths
2. Gently bring your awareness back to your surroundings

After this exercise, I feel:

Optional Reflection

When might I use this safe place?

What did I learn about what helps me feel safe?

Practice Note

The more often you return to this place, the stronger and more accessible it becomes. Over time, your body can learn to associate this visualization with calm and safety.