

# Sit Spot Safety Map Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This exercise helps you build a reliable sense of safety and grounding by returning to the same outdoor place (“sit spot”) and tracking how your body and emotions respond over time.

## What is a Sit Spot?

A sit spot is a place in nature you visit regularly, such as a backyard, park bench, tree, porch, or quiet patch of earth. Over time, this place becomes familiar, supportive, and regulating.

## Step 1: Choose Your Sit Spot

Select a place that feels:

- Relatively safe and accessible
- Quiet or calm enough for brief reflection
- Easy to return to consistently

My sit spot is:

---

---

---

---

---

---

---

What drew me to this place?

---

---

---

---

---

---

---

## Step 2: First Visit – Baseline

Spend about 3 minutes sitting quietly in your spot.

What do you notice around you?

---

---

---

What do you notice in your body?

---

---

---

Right now, I feel (emotionally):

---

---

---

Sense of safety (0–10): \_\_\_\_\_

## Step 3: Mapping Safety Over Time

Return to your sit spot regularly (daily or weekly). After each visit, reflect below:

Visit #2

Safety (0–10): \_\_\_\_\_

Body sensations:

---

---

---

---

Emotions:

---

---

---

---

---

Visit #3

Safety (0–10): \_\_\_\_\_

Body sensations:

---

---

---

---

---

Emotions:

---

---

---

---

---

Visit #4

Safety (0–10): \_\_\_\_\_

Body sensations:

---

---

---

---

---

Emotions:

---

---

---

---

---

---

---

(Continue as needed)

## Step 4: Noticing Patterns

After several visits, reflect:

What changes have I noticed in my sense of safety?

---

---

---

What helps me feel more at ease here?

---

---

---

What still feels difficult or activating?

---

---

---

## Step 5: Deepening Connection

Is there a specific feature here that feels comforting? (tree, stone, light, water)

---

---

---

Do you notice familiarity building over time? Describe.

---

---

---

This place supports me by:

---

---

---

---

