CLIENT: DATE:

Secure Place Worksheet

Step 1: Choose the Secure Place: It is recommended the secure place be a real place you've been, if possible.

Step 2: Describe the Secure Place: Connect with what you see, feel, smell, and hear around you when imagining you are there. Jot down this information about your secure place below.

Step 3: Assign a word that describes the secure place - one that will activate thoughts of this place when you say or think it.

MY SECURE PLACE:		
SECURE PLACE WORD:		