

PRACTICE GUIDE

Safe Place Visualization

A refuge you can return to anytime

"God is our refuge and strength, an ever-present help in trouble." -- Psalm 46:1

Safe Place Visualization is used in EMDR and trauma therapy to build emotional regulation before processing difficult memories. It creates a mental refuge your nervous system can access when overwhelmed.

THE PRACTICE

1

Close your eyes

Take three slow breaths. Let your shoulders drop.

2

Imagine a place where you feel completely safe

Real or imagined -- a beach, a room, a garden, a childhood memory.

3

Fill in the details

What do you see? Hear? Feel on your skin? What's the temperature? The light?

4

Stay for 2 minutes

Breathe slowly. Let your body absorb the safety. You can return here anytime.

TIP

Give your safe place a one-word name (e.g. 'shore'). When distressed, close your eyes and say the word -- your body will remember.