

Visualizing a Safe Place DBT Worksheet

Name:

Date of Assessment:

Goal:

This activity helps you calm down when emotions feel too big. You use your imagination to create a safe and peaceful place in your mind.

Why It Works:

When you feel upset, your brain doesn't know if something is real or just in your thoughts. So, by imagining a safe place, you can make yourself feel better and less stressed. It's like a mental break that helps you manage emotions in a good way.

How to Do It:

1. Think of a place that makes you feel safe and happy. It can be real or pretend.
2. Find a quiet spot and sit comfortably.
3. Close your eyes and take slow breaths.
4. Imagine you're in your safe place. Use your senses to picture it.
5. Notice what you see – colors, things around you, and who's there.
6. Think about sounds – like birds or waves – and focus on one sound.
7. Imagine smells – like flowers or something yummy.
8. Feel things – like sun on your skin, softness of a pet, or sand.
9. Imagine tasting something good – a treat or a drink.
10. Relax in your safe place for a bit.
11. Take a few more deep breaths and open your eyes.

Think About It:

Did you feel better after this exercise?

What feelings did you have while thinking about your safe place?

How can you use this when emotions are too much?

On a scale of 1 to 10, how helpful was this?

Did you learn something new?