

CREATING YOUR OWN
SAFEPLACE GUIDED IMAGERY SCRIPT

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Guided imagery uses the power of imagination to evoke positive images to stimulate healing and relaxation. It involves thinking in pictures to contact a person’s inner self. Thinking in pictures invokes all of the senses — hearing, seeing, tasting, smelling, and touching — as well as sensing the body’s position and movement and even emotions. Fill this simple form out and either record or have a friend record it so you can go to that place anytime you want to. You and your therapist can develop a script from this place.

What does your safeplace look like? (Look around in your mind’s eye and describe everything you “see.”)

What does your safeplace sound like? (Imagine the sounds in the environment, and describe them.)

What does your safeplace smell like? (Are there good smells or aromas in your place? How could you describe them.)

What does your safeplace taste like? (Think about what you may be eating or drinking. Consider textures as well. Describe it.)

What does your safeplace feel like? (Are there any textures? What are you sitting on? Touching? Are you holding anything? Do things look like they feel in a certain way? Ex: Puffy clouds, warm sand, moist soft grass, a warm smooth stone, etc.)
