DEVELOPING AND ENHANCING A CALM/SAFE PLACE
Use other coping skills if more appropriate (container, focus, courage, etc.)

IMAGE

"I'd like you to think about some place you have been or imagine being that feels very calm or safe. Perhaps being on the beach or sitting by a mountain stream. What image represents your place? Describe what you see." _____

_____

EMOTIONS AND SENSATIONS

"As you think of that calm/safe place, what emotions are you experiencing?" What sensations do you have in your body?" _____

_____

ENHANCEMENT

"Focus on your calm/safe place--its sights, sounds, smells, and sensations. Tell me more about what you are experiencing."

_____

_____

EYE MOVEMENTS

*"Bring up the image of this place. Concentrate on where you feel the pleasant sensations in your body and allow yourself to enjoy them. Concentrate on those sensations and follow my fingers. (4-8 slow BLS) "What are you noticing now?"*_____

_____

> **If positive**
>
> *"Focus on that.* (BLS) *What do you noticing now?"* _____
>
> _____
>
> **If negative**
> Redirect to identify another calm place or consider some other self-soothing strategy such as a container, mindfulness, or a breathing exercise. Ask the client to put any negative intrusions into a container or off to the side.

CUE WORD

"Is there a word or phrase that represents your safe place? Think of_____ and notice the positive feelings and sensations you have when you think of that word. Concentrate on those sensations and the word/phrase _____ and follow my fingers (4-8 BLS). How do you feel now?" Repeat and enhance positive feelings with BLS several times.

SELF-CUING

"Now I'd like you to say that word _____ and notice how you feel."

CUING WITH DISTURBANCE

"Now imagine a minor annoyance (SUD 1-2) and notice how you feel. Bring up that word _____and notice any shifts in your body. What did you notice?" _____

SELF-CUING WITH DISTURBANCE

"I'd like you to think of another mildly annoying incident (SUD 2-3), notice how you feel, then bring up that word_____ by yourself, especially noticing any changes in your body when you focus on your cue word."