

My Ideal Safe Space PTSD Worksheet

Name	Date
<p>Creating a My Ideal Safe Place PTSD Worksheet can be a helpful tool for individuals dealing with post-traumatic stress disorder (PTSD) to manage their symptoms and find a sense of security and calm. This worksheet will guide you through the process of identifying and visualizing your safe place.</p>	
<p>Give your safe place a name that makes you feel secure and comfortable. This can be a real or imaginary place.</p>	
<p>Write a detailed description of your safe place. Include sensory details like what you see, hear, smell, taste, and touch. This will help you immerse yourself in the experience.</p>	
<p>Close your eyes and take a few deep breaths. Imagine yourself in your safe place. Try to visualize every detail you described in step 2. Picture yourself feeling safe, calm, and relaxed in this environment.</p>	
<p>Pay attention to how your body feels when you think about your safe place. Are there any physical sensations that come up, such as tension relief or relaxation? Describe these sensations.</p>	
<p>Write down some positive affirmations that relate to your safe place. These can be statements that reinforce feelings of safety and security.</p>	

Note: Whenever you're experiencing symptoms of PTSD or feeling overwhelmed, take a moment to recall your safe place. Close your eyes, visualize it, and focus on the positive sensations and affirmations you've identified. This can help you find a sense of calm and safety in difficult moments.

Additional notes