

Safe Places PTSD Worksheet

Name:

Date:

Instructions: Safe Places play an important role in coping and managing symptoms of PTSD. We'd like to know if you have safe spaces or at least a concept of them. Below are two simple questions that need to be answered. Please be as descriptive as you possibly can.

1. What makes you feel safe? These can be objects, people, hobbies, etc. Describe how they're able to make you feel safe.

2. Are there places where you feel safe? Describe how each of them make you feel safe, and mention how often you visit these places.

Adapted from the original version created by Tijana Mandić, Ph.D. for the book *The PTSD Workbook*."