

# 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*."