**🧘‍♀️ Safe Place Visualization (2-Minute Script)**

Begin by finding a comfortable position—either sitting or lying down.
Let your eyes gently close, or soften your gaze.
Bring your attention to your breath.
Inhale slowly through your nose… and exhale gently through your mouth.
Let yourself arrive here, in this moment.
Nothing to fix. Nothing to do. Just breathe.

Now, I invite you to imagine a place where you feel completely safe, calm, and at peace.
It might be somewhere real—like a cozy room, a quiet forest, a beach at sunset...
Or it might be something entirely imagined—your own sanctuary, built just for you.
There's no right or wrong. Just allow whatever comes to arise.

Take a slow breath…
Notice what you see around you in this place. What colors? Shapes? Is it bright or dim?
What do you hear? Maybe birdsong, waves, the sound of your breath, or silence.
What do you feel beneath you—soft grass, warm sand, a chair that holds you gently?

You are safe here.
This place belongs to you.
You can return to it anytime.

Let this feeling of calm settle into your body.
Let it wrap around your shoulders, down your spine, all the way to your toes.
Breathe into it.

Inhale peace…
Exhale tension…

Now slowly begin to bring your awareness back to the room.
Wiggle your fingers or toes.
Take one more breath… and when you're ready, gently open your eyes.