



/ 01.

/ CALM / SAFE PLACE

“Think of a place where you feel safe, calm, and at ease. It can be a real place you’ve been to, a place from your imagination, or even somewhere from a book or movie. Take a moment and let an image come to mind.

What do you notice first about this place? Look around, what do you see? Notice the colors, shapes, or details.

What sounds are there, waves, birds, music, silence?

Can you feel the ground under your feet or what you’re sitting on? Notice the textures, warmth of the sun, coolness of air, or comfort of fabric.

Is there a smell, like fresh grass, saltwater, or something else? Even taste, maybe cool water or fresh air.

As you notice all of this, let yourself feel the calm, safety, or ease that comes with being here. If you’d like, choose a word or phrase to describe this feeling, something simple like ‘peace,’ ‘safe,’ or ‘home.’

You can return to this place anytime you need to. Just bring the image or your word to mind.”



/ 02.

/ CONTAINER

“Sometimes difficult thoughts or feelings come up, and it helps to have a way to set them aside safely. Imagine a container, big or small, that’s strong enough to hold anything you need it to. It could be a box, a safe, a

vault, a chest with a lock, whatever feels right to you.

Picture placing any unwanted or overwhelming thoughts, images, or worries into the container. Watch them go inside. Notice how securely it closes, maybe with a heavy lid, a strong lock, or a seal.

You don’t have to get rid of these things forever; they’ll stay there until you’re ready to return to them. You are in control of when and how you open it.

Take a breath and notice what it feels like to have them contained. You can come back to this container anytime you need it.”



/ 03.

/ GROUNDING TREE

“Imagine yourself as a tree, tall, steady, rooted in the earth. Picture your roots going deep into the ground, holding you firmly, giving you strength. Notice your trunk, strong, upright, centered. Your branches reach upward, connected to light, air, and space.

As you breathe, feel energy moving up from your roots, through your trunk, and out through your branches. This steadiness is always within you. Whenever you feel shaken, you can return to your tree and its roots.”



/ 04.

/ LIGHT STREAM

“Imagine a warm, gentle light above your head. It might be golden, white, or any color that feels right to you. See it slowly flowing down, washing over your body.

As it moves, notice how it brings warmth, safety, or healing. Let it move through your head, shoulders, chest, arms, all the way down to your feet. Wherever the light goes, tension softens. You can imagine this light surrounding you whenever you need calm or comfort.”



/ 05.

/ NURTURING FIGURE

“Imagine a figure, real, fictional, or imagined, that feels nurturing, supportive, or protective to you. This could be a person, an animal, a spiritual figure, even a superhero or character from a story. Let the image come to mind.

What do they look like? How do they stand or move? What expression do you see on their face? If they could speak to you, what words of comfort, encouragement, or protection might they say? Notice how your body feels as you imagine them near you, safe, supported, cared for.

You can call on this figure whenever you need strength or reassurance.”



/ 06.

/ DIMENSIONS OF BEING

“As you breathe, let’s imagine grounding yourself across different dimensions of being.

Begin with your Eigenwelt, your inner self-awareness. Notice your thoughts, emotions, and inner voice, simply observing them without judgment.

Now turn to your Umwelt, your physical and biological world. Feel your body breathing, the ground beneath you, the air on your skin.

Next, your Mitwelt, your relational world. Picture one supportive relationship, past, present, or imagined, and feel what it’s like to be connected.



/ 07.

/ OCEAN OF STARS

Close your eyes if it feels comfortable. Take a slow breath and imagine yourself floating on still water beneath a sky filled with stars. The water holds you without asking you to swim. The stars shine without asking you to become brighter. Above you stretches endless space. Around you moves quiet time. Thoughts may drift across your mind like passing clouds, but you do not have to follow them. Simply float. Simply breathe. With each inhale, gather a little more light. With each exhale, let the water carry away what you no longer need to hold. Remember that every star has traveled across unimaginable distances just to reach this moment. And here you are, too. Held by the same universe, moving through the same time, belonging exactly where you are. Rest here for another breath or two, knowing that even in darkness, there is always light finding its way to you.



/ 08.

/ SAFE OBJECT

“Bring to mind an object that feels safe, comforting, or grounding. It could be real or imagined, a stone, a blanket, a small token, even something from childhood. Picture holding it in your hand. Notice the weight, the texture, the temperature. Let yourself feel the comfort and steadiness it brings. You can imagine carrying this with you anytime you need support.”



/ 09.

/ INNER HELPER

“Imagine a wise, kind part of yourself, a guide who knows you well and wants the best for you. This helper could appear as yourself at an older age, a mentor, or even a symbolic figure. Notice what they look like, how they move, or what presence they bring. If they could speak, what advice or encouragement would they give you right now? Notice how it feels to hear their words and to know you can return to them anytime.”



/ 10.

/ INNER HOUSE

“Picture a house inside yourself, one that belongs entirely to you. Walk inside and explore. Notice the rooms, especially one that feels most safe, private, and secure. What’s in this room? Is there a door you can close, windows that let in light, or objects that comfort you? This is your safe room. You can come here whenever you need rest or protection.”



/ 11.

/ RESOURCE SYMBOL

“Think of an image that represents strength, resilience, or peace for you. It might be a mountain, a butterfly, a river, or even a piece of music. Let this symbol come into focus. Notice how it looks, feels, or sounds. Whenever you bring this symbol to mind, you can reconnect with that strength or peace inside yourself.”



/ 12.

/ TEAM OF SUPPORTS

“Imagine gathering a circle of supportive figures around you. These can be real people, ancestors, fictional characters, spiritual guides, or even animals. Picture them forming a circle, close enough to give you a sense of protection. Notice their presence, their warmth, their encouragement. This circle of support is always available to you.”



/ 13.

/ FUTURE SELF

“Bring to mind an image of yourself in the future, maybe a year, maybe ten years from now, where you’ve grown, healed, and learned more about who you are. Notice how you stand, how you look, how you carry yourself. What wisdom does this future you have for you today? Feel the encouragement, confidence, or calm they offer. You can visit your future self whenever you need reassurance.”



/ 14.

/ RHYTHMIC TAPPING

Take a comfortable breath and begin tapping gently. Let the rhythm become your anchor. You don’t have to make this feeling disappear or force yourself to relax. Just stay here, one tap, one breath, one moment at a time. If your mind wanders, gently return to the rhythm. This is a lot... and I’m here. Let each tap remind your nervous system: I am safe enough for this moment. I don’t have to do this alone. When you’re ready, allow the tapping to slow. Take one final breath and notice whatever has shifted, even if it’s only a little. Sometimes healing arrives in waves. Sometimes it arrives one gentle rhythm at a time.



/ 15.

/ 5-4-3-2-1 Sensory Reset

Take a slow breath. There is nowhere to rush and nothing to solve. Only this moment. Look around and gently notice five things you can see, letting your eyes wander without searching. Now notice four things you can feel, the chair beneath you, your feet on the floor, the air against your skin. Listen for three things you can hear, whether near or far, loud or quiet. Notice two things you can smell. If no scent stands out, simply notice the air around you. Finally, notice one thing you can taste. Take one more slow breath. You are here. This moment is real. Your thoughts may still be busy, and your feelings may still be present. And yet, for this moment, your senses have gently guided you home.



/ 16.

/ BELLY BREATHING

Place one hand on your chest and one on your belly. Breathe in slowly through your nose, letting your belly rise like a gentle wave. Breathe out softly through your mouth, allowing your shoulders, jaw, and body to soften. There is nowhere to rush and nothing to force. Simply follow the rhythm of your breath. In... and out. Again. With each exhale, let your body remember what your mind may have forgotten: in this moment, you are safe enough to breathe.