**The Safe House Visualization**

The Safe House Visualization is a really great exercise for many, many people. Anyone who feels it would be helpful, it will probably be a helpful tool for them. It's specifically helpful for PTSD, trauma, anxiety or someone who feels fearful, unsafe or has triggers and even rage or anger. The Safe House Visualization is highly effective for stress management and stress reduction.

What we are doing with this Safe House Visualization is essentially helping your client to create a safe space that they are able to go back to at any time when they need to feel healed, at peace or calm, feel wholeness and safety. This is something that once you experience it for the first time, you are able to return to it at any time you need to.

**Safe House Visualization Script**

Go ahead and close the eyes and focus on the breathing.

Allowing the entire body to relax with each exhale.

With each exhale releasing tension from the body.

Allowing every single part of the body to relax.

Taking a few more deep, full relaxed breaths.

I want you to imagine that there is a hallway in front of you.

The hallway is cool and a little bit darker. Very calm.

As you step into the hallway feel the coolness on your skin.

As you begin to walk down the hallway you find yourself relaxing deeper and deeper with each step. More and more relaxed with each step.

Walking all the way to the end of the hallway.

Going deeper and deeper into a state of complete relaxation.

When you get to the end of the hallway notice that there is a door.

Underneath of the door notice that there is a bright light coming out through the bottom.

As you open the door, the entire room is filled with healing light.

It is literally filled with healing and love.

Feel that light, that warmth up against your body.

Step inside of that room, close the door behind you and look around.

Just allowing yourself to completely experience all of that healing, all of that love.

Take some deep inhales and imagine you are inhaling that healing and love into you.

Feel how your body feels.

Feel how peaceful and safe and good that feels.

Look around your healing room, your safe room you have created.

Notice any details, this is your healing room, your safe house, your safe room that you can return to at any time when you need to. What is in your safe room?

You can return to this room on your own.

I want you to take a few more deep breaths, really inhaling that healing light, really inhaling that love and feel that safety all around you.

Feeling how good that feels in your body.

How peaceful, how whole you feel right now.

Take a few more breaths, really enjoying the feeling.

Now, I want you to slowly walk back to the door. Open the door.

Step out to the hallway and close the door behind you.

Before you let go of the door handle, just remember this is your special room. You can come back here at any time.

Now, I want you to begin walking back down that hallway seeing the light at the end.

Feel the coolness right now on your skin in the hallway where the temperature is a little cooler.

With each step that you take, as you breathe in, your body becomes more and more energized.

With each step becoming more and more energized.

Until you get all the way back to the end of that hallway.

Step back out of that hallway, back into now, back into this moment.

Take a deep inhale through the nose, open your mouth and exhale.

Begin blinking the eyes open.