

Safe Place Exploration Worksheets

These worksheets are designed to help you explore what safety means to you. There's no right or wrong way to do this. Everyone's sense of safety is different and deeply personal.

These worksheets encourage drawing. One does not need to be an artist to draw. Why We Include Drawing:

1- Drawing can lower stress hormones in the body after even a short session.

2- It can activate reward and regulation pathways in the brain, making calm and focus more accessible.

3- With practice, creating art may strengthen brain networks tied to reflection and resilience.

4- In trauma work, art can offer safe distance and access to feelings, supporting the healing process.

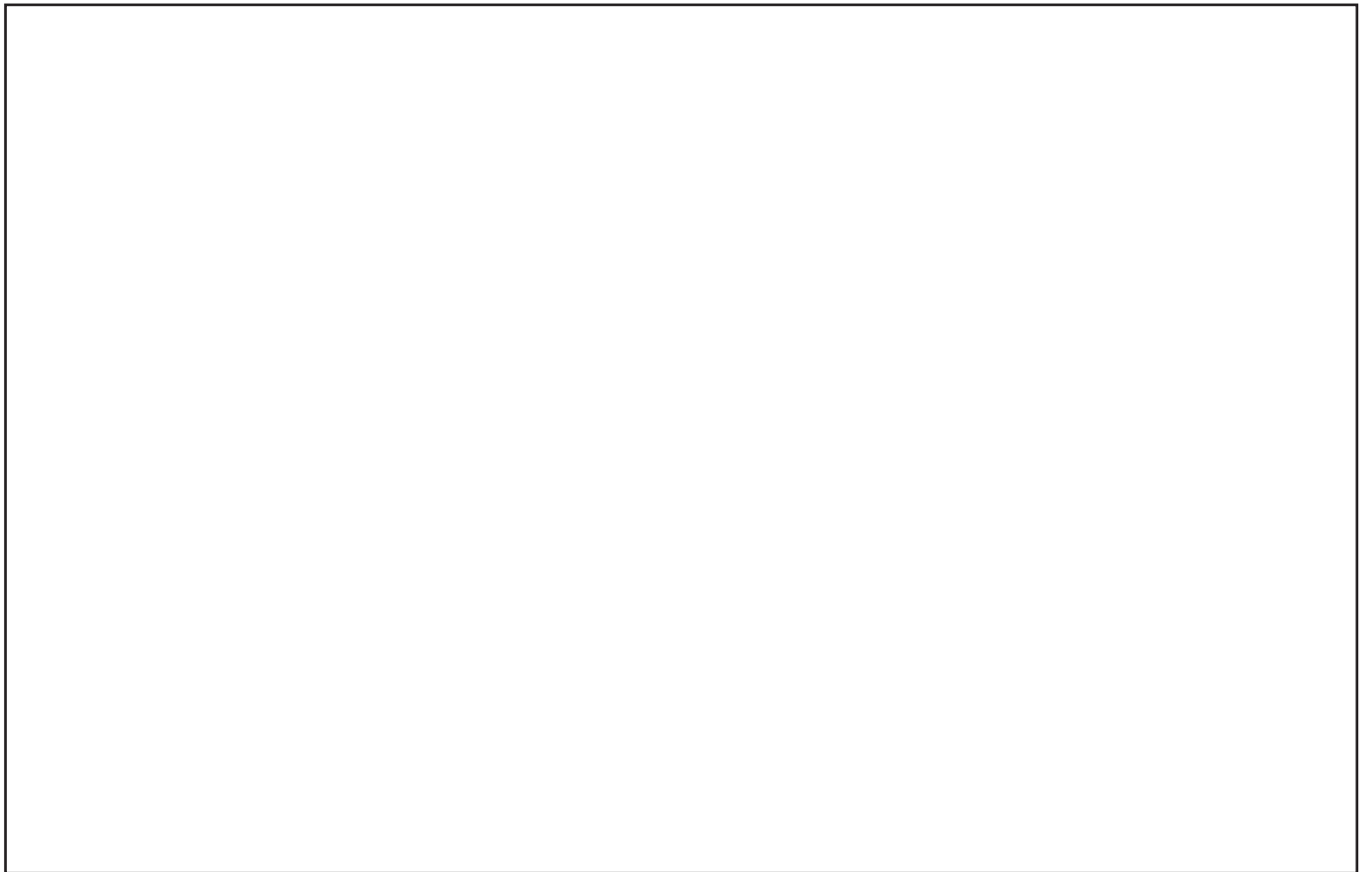
Take the time needed that is individually helpful for you, and remember—you are allowed to pause or skip anything that doesn't feel right.



What Does Safety Look Like?

What do I see when I imagine what safety looks like? (This could be a safe place, an object like a blanket, someone safe's arms around you, etc.)

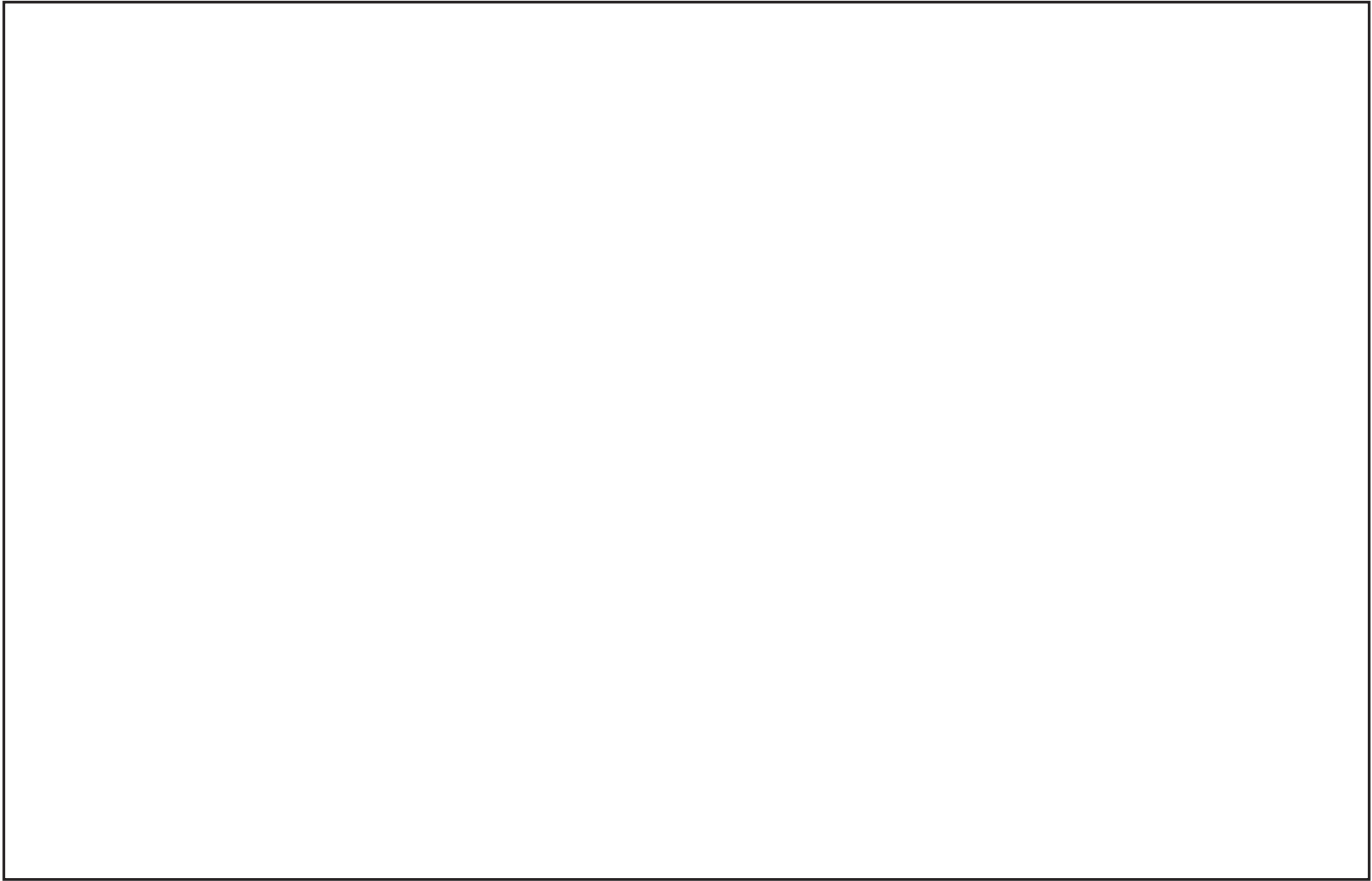
Draw what safety looks like to me.



What Does Safety Sound Like To Me?

What do I hear when I imagine a place or moment where I feel safe? (ie. silence, birds singing, leaves rustling, music, etc.)

Draw what safety sounds like to me.



What Does Safety Feel Like To Me?

What does it feel like when I feel safe? (ie. Calm, warm, free, joyful, playful, peaceful, happy, etc.)

Draw a symbol(s) of what safety feels like to me. (ie. a rooted tree, a free butterfly, a cozy blanket, a childhood toy, emojis that represent emotions, etc.)

