My Calm Place

Name: Date:

Your calm place is somewhere in your mind you can return to whenever you need to settle. It can be a real place you have been, a memory, a place you imagine, or an activity you love. Some people choose a beach or a forest. Others choose a grandmother's kitchen, a favorite chair, or the feeling of swimming.

There is no right answer, only what feels true for you. Fill in what comes easily and leave the rest blank. We will build the details together in session.

1. Choosing your place

A few places or experiences that come to mind when I think of feeling calm, peaceful, or at ease:

1.

2.

3.

The one I want to work with:

2. A gentle check

Sometimes a place that looks peaceful carries a hard memory underneath. Let's make sure this one is clear.

- [ ] When I picture this place, it feels good all the way through.
- [ ] Nothing about this place connects to a painful or frightening memory.
- [ ] I can bring it to mind easily.

If any box feels unsure, that is useful information. Choose another place, or bring it to session and we will sort it out together.

3. Which word fits best for you?

For some people, "safe" is a big word. Circle the one that feels most reachable right now:

Calm · Safe · Peaceful · Secure · Restful · At ease · Grounded

Other:

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4. The details

The more vivid your place, the easier it is to return to. Let yourself be specific.

SENSE	WHAT IS HERE
What I see (colors, light, shapes, time of day)	
What I hear (or the quality of the quiet)	
What I smell	
What I feel on my skin (temperature, textures, air)	
What I taste, if anything	
Where I am in the space (sitting, lying, walking)	

Is anyone or anything with you here? Some people prefer to be alone. Others want a pet, a guide, or a comforting presence.

5. Feelings and body

When I am in my calm place, I feel (emotions):

Where I notice those pleasant feelings in my body (chest, shoulders, belly, hands, face):

What those sensations feel like (warm, heavy, light, open, soft, still):

6. My cue word

Choose one word or short phrase that captures your calm place. You will use it to call the feeling back. Examples: "ocean," "cedar," "breathe," "home," "sunlight."

My cue word:

7. Daily practice

Visit your calm place once a day, even on good days. It works best when it is familiar. A few minutes is enough: bring up the picture, say your word, and notice the feeling in your body.

DAY	DID I PRACTICE?	HOW CALM AFTERWARD (0 to 10)	NOTES
Monday	☐		
Tuesday	☐		
Wednesday	☐		
Thursday	☐		
Friday	☐		
Saturday	☐		
Sunday	☐		

When stress rises, try this: notice what you feel, say your cue word, and let your calm place come back to you.

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