

Special Safe Place Guided Imagery Script for Children and Adolescents

Today you get to create your own special place in your imagination. This is a place you can visit in your mind whenever you want to feel safe, powerful, and calm.

But first, let's get settled and relaxed before you visit your special place. Close your eyes and take a deep breath in, filling your stomach up like a balloon. Then breathe out very slowly, letting your balloon fall flat.

Take a moment now to notice in your imagination a big door in front of you. Behind that door is your very own special place. This place can be anywhere you want it to be. This is a place that is calming, relaxing, and feels very good to visit. Your special place can be anywhere, it can be a beach, the desert, an island, a forest, the inside of a castle, a cave, the moon, a star in the sky, a planet far away, or simply a small nook under the staircase. Take a few moments to imagine the first picture that you think of when you hear the words, "special place".

Now, quietly walk up to the door and place your hand on the doorknob. As you open the door, your special place will be in front of you and you are free to go inside. On the count of three walk inside, one..two..three. You're now in your special place!

What do you see? Are there certain colors there? You can have anything you want here. If you want to add a tree, rock, an animal, friend, flower, it's up to you. Try practicing adding a special item to your place. Now practice making it disappear. It is all in your power, you can decide what is allowed into your special place. Everything in this place is created by you. No one can enter or exit without your permission. You create every bit of it!

What sounds do you hear? Are they quiet? You can add any sounds you would like. What do you smell? You can add any smells you like. What colors do you see?

Now find a comfortable spot to rest in your special place. Just relax here for a few minutes, taking in the view around you, listening to what you hear, notice what you smell, and how safe, calm, and peaceful you feel.

When you're ready, find the door that you opened to your special place. Take a long look at your special place and remember you can return here whenever you want. At the door, step back through it and close it behind you. If you would like, you can lock the door and keep the key with you. The key to return is always with you in your imagination. Now take a deep breath in and breathe out slowly. When you are ready you can open your eyes.