

Worksheet 2: Building your soothing place

Where would you like your soothing place to be: indoors, outdoors?

What things can you see in it?

What sounds (if any) can you hear?

Are there any physical sensations you can feel (for example, warmth, or textures like grass or fur)?

Are there any smells in your soothing place?

Are there any people or animals you would like in your soothing place? (Try not to bring people in if you have painful memories or feelings associated with them – for example, anger or grief.)