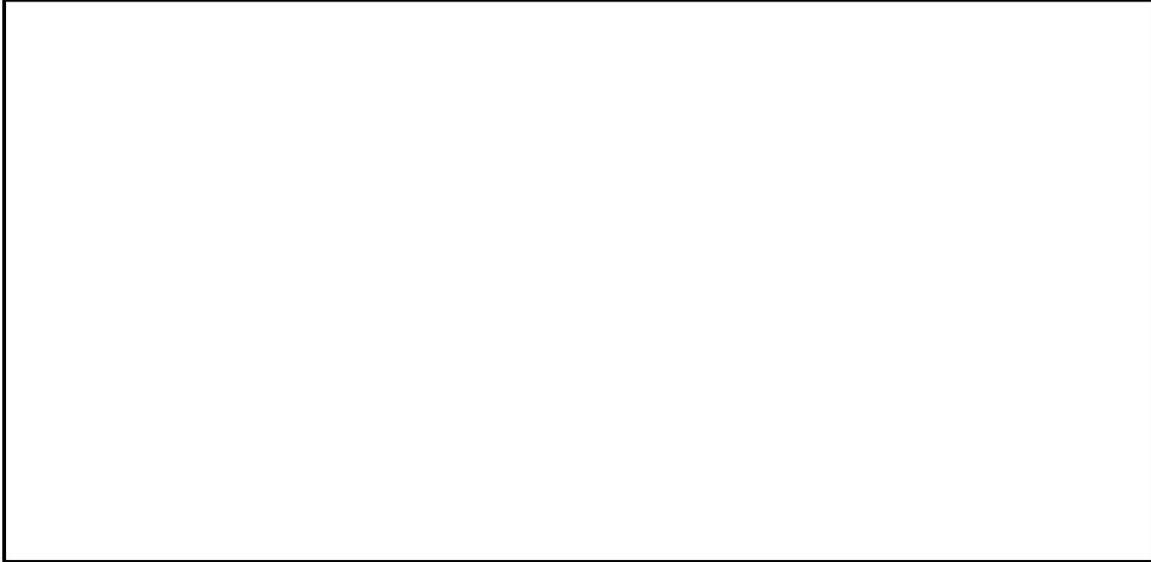
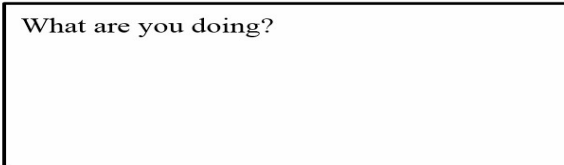


DBT THERAPY - SAFE SPACE

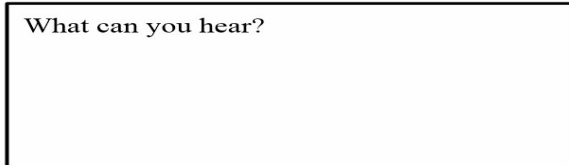
Picture in your minds eye, a safe place. Draw it below!



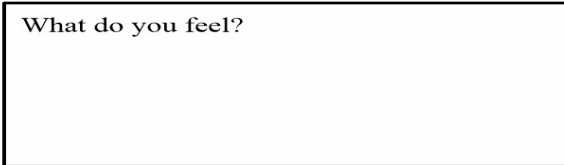
What are you doing?



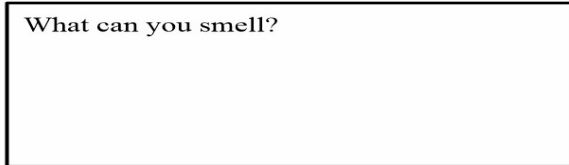
What can you hear?



What do you feel?



What can you smell?



When you feeling stressed, imagine being in this safe space to calm down!

