

# Haven

**Relief**



**Recharge**



## Intention

**Haven** is a resource to help develop a connection with (or “**felt sense**” of) feelings of **safety**. Some synonymous feelings that can also be targeted to serve a similar purpose are **soothing, calm, peaceful, relaxation, and rest**. Connection with these feelings results in a decrease in physiological activation as the parasympathetic nervous system, or the Rest&Digest system (contrasted with Fight&Flight), sends signals to the body that everything is “okay”. This state of “okayness”, however brief, is essential to the body beginning to engage its healing (vs survival) systems and being adaptively processing distressing information.

This involves the use of **pictures** or **memories** that are **soothing, calm, peaceful, restful** or **feel safe**. These can be **real** or **imaginary**. Focusing on the pictures/memories and corresponding **sensations/emotions** felt (or you would **imagine** to feel) engage neural networks which allow the body to physiological calm and adaptive neural activity to resume.

Many guided imagery and meditation practices utilize visuals and pictures similar, you might have even visualized a **Haven** or other safe place for yourself in the past. **Feel free to re-access** any previous experiences that feel they would be helpful, or **you may start fresh** by creating something totally new for yourself from scratch.

## References

*Getting Past Your Past*, Shapiro

# Haven



## Intuition

Visualize

- **Bring to mind a place, memory, or experience that connects with a sense/feeling of safety, peace, calm, or relaxation for you. It can be**
  - **Real**; an actually place you've been or memory you have

OR

- **Imaginary**; somewhere you have only seen in your mind or is totally made up

Enhance

- **Describe your place or experience in as much detail as possible. What do you see, hear, feel, smell, and even taste? What all is present that gives it a sense of safe, calming, relaxation?**

Connect

- **As you focus on all the aspects and details of your Haven, what positive feelings, emotions, and physical sensations do you notice related to it? Or what would you imagine yourself feeling? Where do you notice it or where would you point to those feelings in your body?**

Tap/Walk-in

- **Tap/Walk-in those positive experiences associated with your Safe Place. Continue until...**

- **You notice a positive shift/change.**
- **Something new comes to mind.**

OR

- **You feel like it's been enough** (or it stops being positive.)

Repeat/debrief

- **Feel free to continue and repeat the process as long as things continue to shift/change, or until you feel it's been enough/stops being positive. Take time afterwards to either debrief by sharing with someone about the experience, or recording/expressing what you noticed for yourself.**