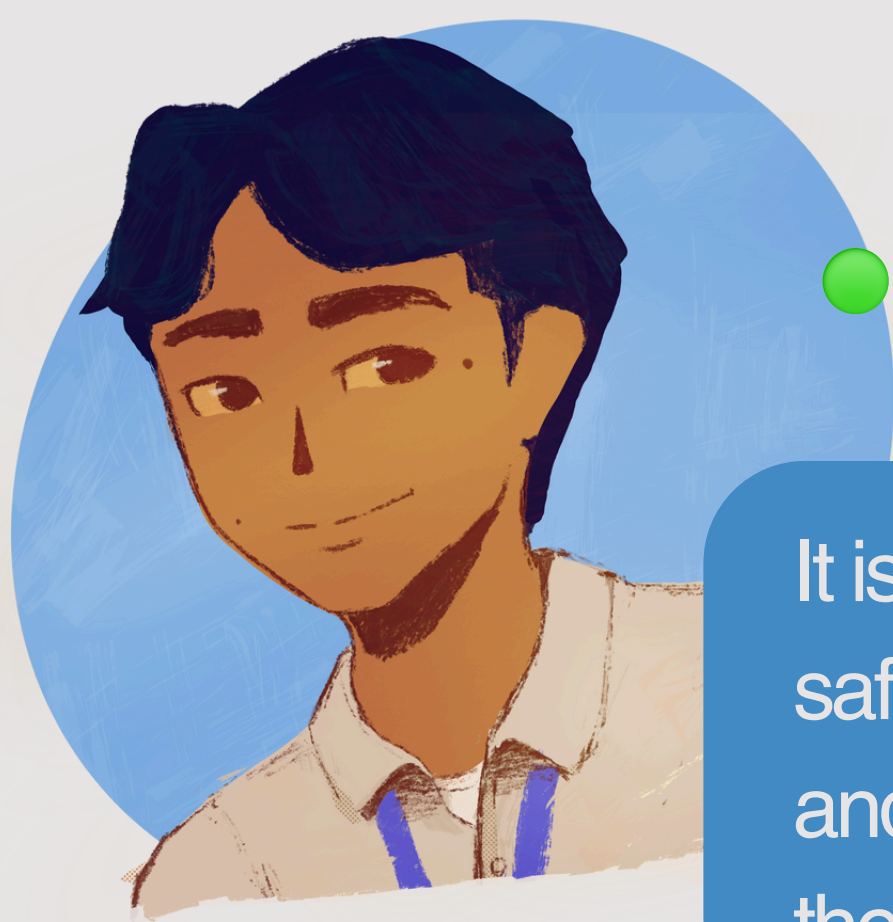


Activity Sheet:



My Maps of Safety



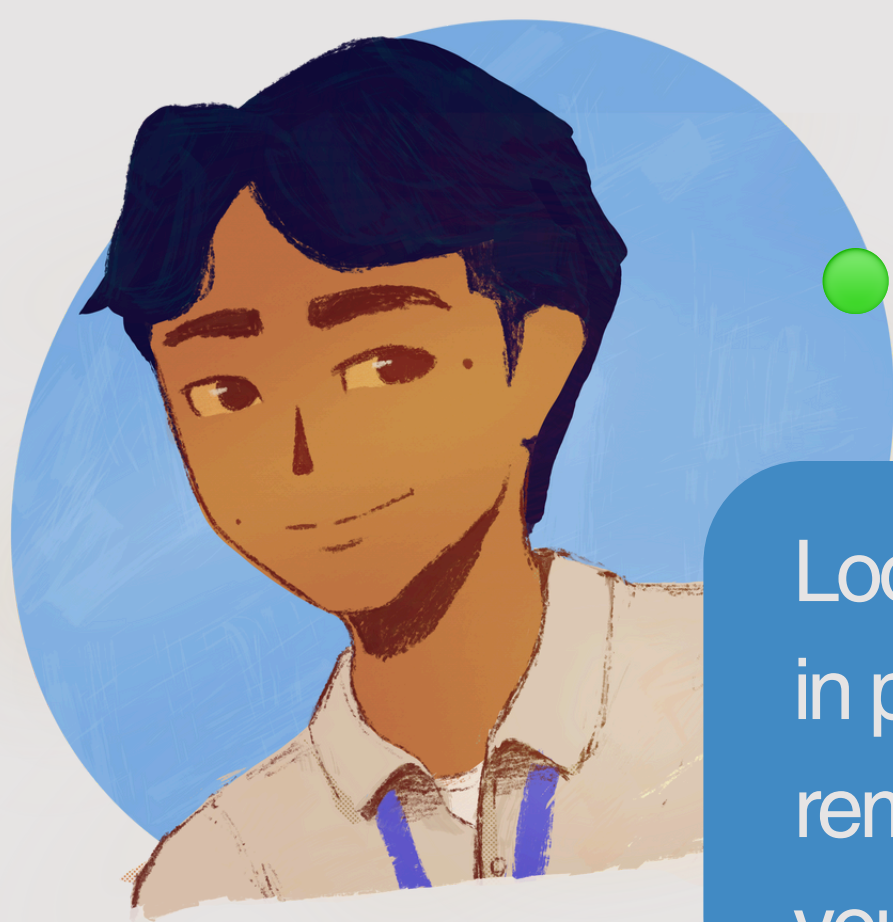
• Kevin

It is good to know to know what safe spaces are and with whom and where we can experience them.

It is especially important to know these when a situation makes us feel unsafe.

To access these safe spaces, it will help us to know what our “maps of safety” are.





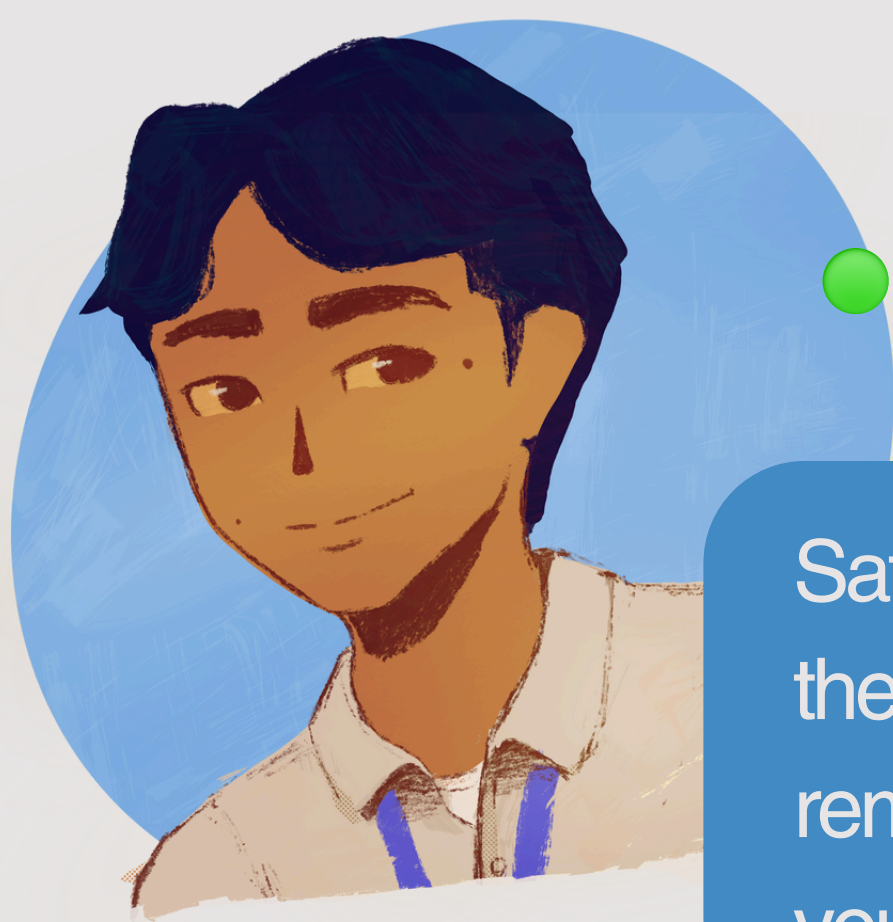
• Kevin

Looking back at what you wrote in previous exercises, try to remember the “safe spaces” that you noted down.

Remember that these safe spaces are not just places but can also be people such as friends, family, and so on.

It can also be activities, body parts, metaphors, or things that give you a feeling of safety or comfort.





• Kevin

Safe spaces are also not limited to the present but can be what you remember from the past or what you can think of in the future.

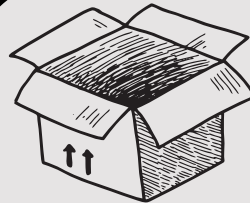
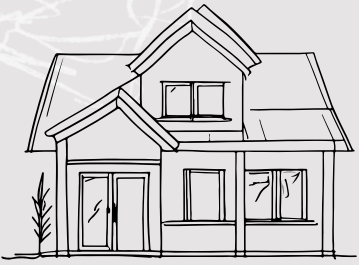
In creating your “maps of safety”, remember to note down and continue adding these new discoveries to your maps.

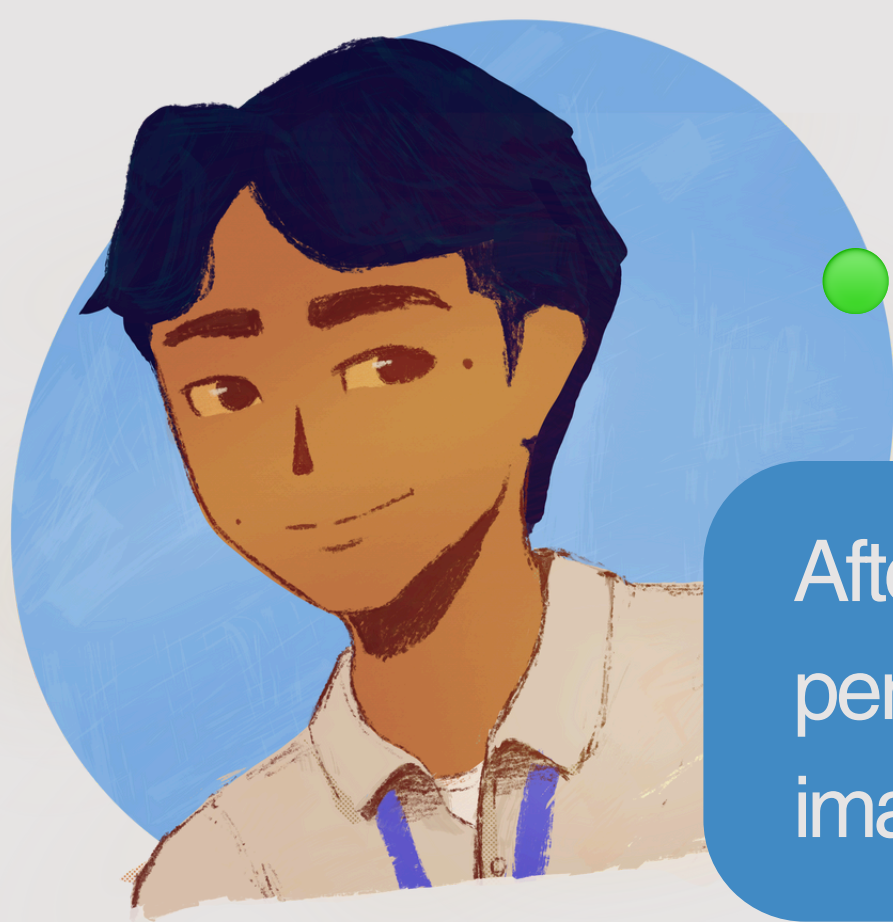
Let us see the sample for what a map of safety could look like.



My map of safety

write where or with whom you feel safe,
or activities that make you feel safe





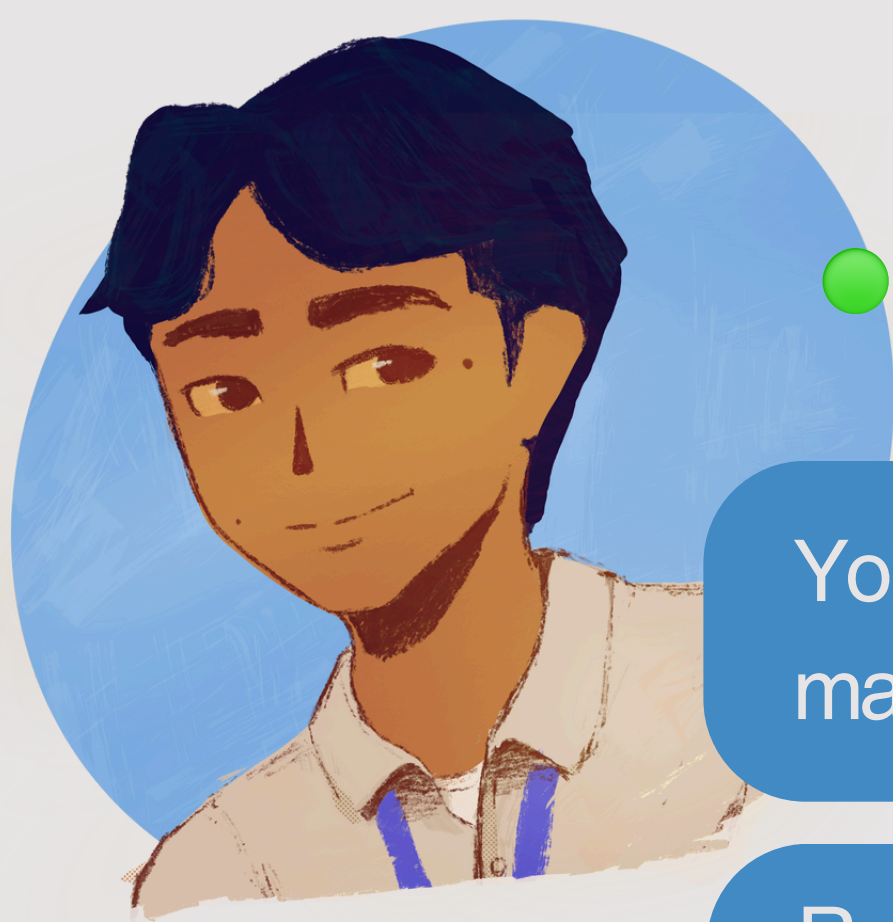
• Kevin

After trying this out, look at your personal maps of safety and imagine yourself taking each turn.

Take your time and visualize the people, places, and activities that give you a feeling of safety.

Pay attention to how you are feeling and assess where these feelings of safety are in your body and think about what sensation these feelings brings you.





• Kevin

You might not have a lot on your map right now and that is okay.

Remember that you can always go back and add more, depending on your context.

These safe spaces are yours and these maps can help you in your day-to-day life, especially during difficult situations.





• Kevin

Over time, you will discover more safe spaces that you can add to your map.

From time to time, it is best to check in with yourself to see if you have discovered or encountered new safe spaces.

Just like this entire website, there will be new resources that would be available to you.



RAINBOW FUND

THE PROJECT

