

Safe Place Painting

Media:

* One piece of 12 x 18 inch white drawing paper, folded in half, creased heavily, and gently torn in half.

* Water color paints, water, and brushes

Directive:

* While you are relaxed and comfortable, close your eyes and bring to mind a place where you have felt, and would continue to feel, calm and safe. It may be indoors or outdoors as long as you would feel secure and serene there.

* Think about how the place looks: the colors and sights you would see there...

* Image what sounds you would hear...

* What pleasant, relaxing aromas would you smell...

* **Imagine sensations the place would evoke; would it be warm and windy or cool and still?**

* Take a few moments to relax in this safe, calm place.....

* With this image firmly in mind, please paint a picture of your safe, calm place. Paint it with as much detail as possible in line, color, and form. When you look at the picture in the future you will need to see so much detail that you will be able to easily recall the relaxed state you experienced when you began to paint.

* When the painting is finished, please date it and choose a title that reflects safety and serenity

Homework:

* During the week, use your *Safe Place Painting* as a reminder of safety and serenity.

* Call to mind as many times as possible, the feelings of calmness and safety that you experienced when making the original painting.

* Try to relax when you are not feeling particularly stressed or emotional.

* After your have practiced relaxing, try to use this relaxation response when you feel the urge to use an ED behavior

* Record in your journal, your attempts at practicing relaxation; especially write in detail the times that you used relaxation rather than ED when you felt upset or emotional

Adapted from: "Using Art to Treat Eating Disorders", Hinz, L.D (2006)