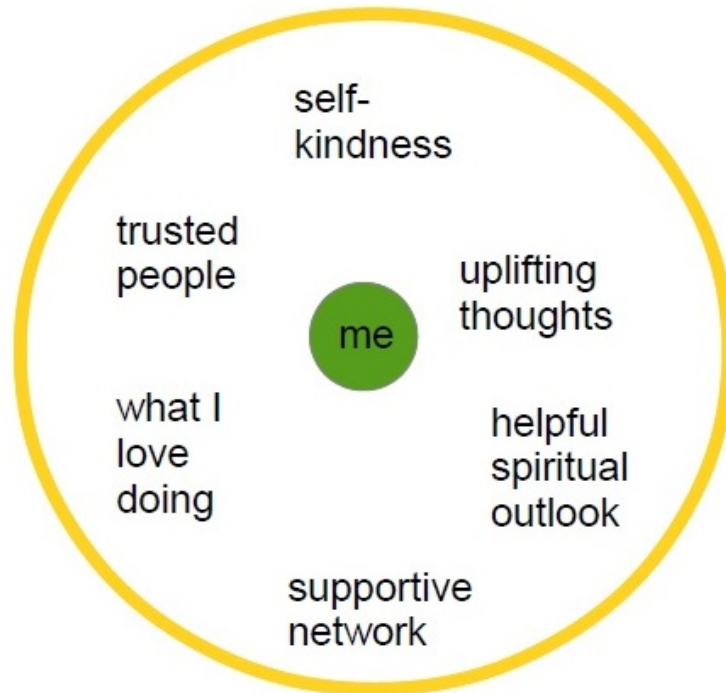


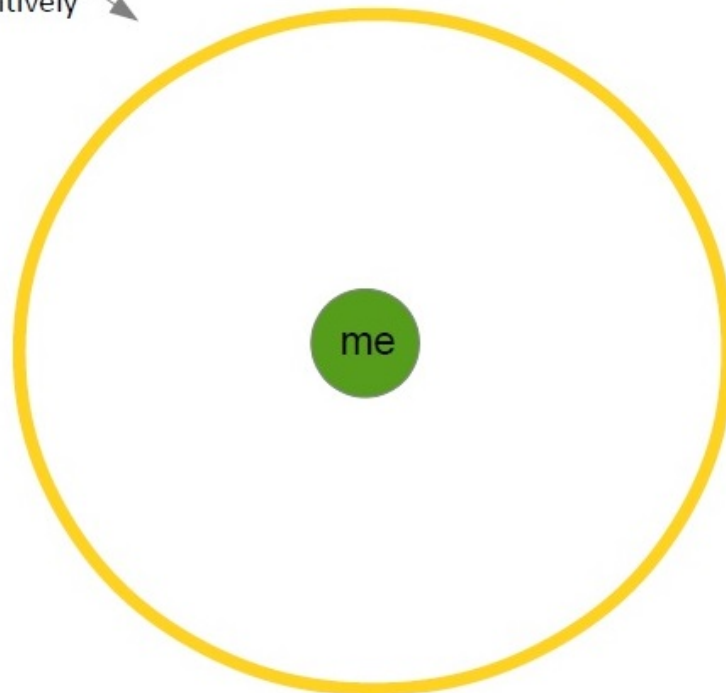
Create your personal safe space



Fill in →

Inside the circle: specify the positives that make you feel safe, loved and capable

Outside the circle: disturbances that you need to create a distance to in order to deal with them positively →



See Boundaries script on page 34