Cheat Sheet – Peaceful Place Resource

Please write down the details of your peaceful place here.

1. Choose a form of bilateral stimulation (BLS) to use: butterfly hug to "tap in" or heel lift/drop to "walk in"? Write it down here.

2. Identify a peaceful place
    a. 5 Senses
        i. Sight

        ii. Smell

        iii. Touch

        iv. Taste

        v. Sound

3. Identify spiritual being

4. Identify emotions

5. Identify body sensations

6. Cue word(s)

Brief Therapy Works
Because good therapy doesn't need to take forever