

Relaxation Questionnaire

During relaxation, it often helps to have a "safe place" to which you can go. In your ideal "safe place" what are the elements that make it the right place for you?

Where are you: _____

What do you see: _____

What do you hear (ocean, rain, your favorite music):

What do you smell: _____

What are you doing (sitting, walking, standing, lying down, flying, floating, etc.): _____

What else makes it special: _____

