

CREATING A CALM PLACE INTERNALLY

You(s) are invited to:

Step1

Connect with a Calming Place

If you'd like, gently invite self/system to imagine a place or experience that feels calming or comforting to you(s). This can be a memory, or something you(s) create inside with your imagination, bringing in your wishes, needs, wants, and preferences.

Therapist Asks: Would you(s) mind sharing what comes to mind as you imagine this place or experience?

Step2

Emotions & Sensations

As you(s) imagine this place or experience, notice the emotions that arise and be curious about them. You(s) might also notice body sensations, additional feelings, images, smells, or sounds connected to this experience.

Therapist Asks: Would you(s) mind sharing what emotions or sensations you(s) are noticing right now?

Step3

Strengthening the Experience

Allow yourself/system members/system to stay with what you(s) are noticing. Invite in the calm, comfort, or peace that may be present. If you(s) would like, notice how it feels inside as you(s) connect with this experience.

Therapist Asks: Would you(s) mind sharing what you(s) are aware of as you stay with this experience?



This worksheet is adapted from Shapiro, F. (2017), Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures.

Worksheet Design and adaptations for plural inclusivity brought to you(s) by Melissa Barsotti, LCSW. Mindful Therapy Practice (2025).

Strengthening, Integrating, & Applying the Calm Internal Place

You(s) are invited to:

Step 4

Guide Word

If you'd like, choose a word or phrase that represents this positive experience. Each time you(s) repeat it, gently invite in the feelings, sensations, or images connected with it. Notice what comes up for you(s).

Therapist Asks: Would you(s) mind sharing what you(s) notice as you connect with your support word?

Step 5

Using the Support Word with a Mild Disturbance

The purpose of this step is to gently test the strength of your support word and the calming inner space you(s) have created. This helps you(s) practice using it whenever comfort, peace, or inner connection is needed. If you(s) feel ready, bring to mind something mildly distressing, ideally at a level 2 or 3 on a 0-10 scale, where 0 is no distress at all and 10 is the most distressing. Then invite in your inner calm place by using your support word, along with the feelings and sensations it carries. Notice whether this helps the distress soften or shift.

Therapist Asks: Would you(s) mind sharing what you(s) notice as you bring in your support word with this mildly distressing experience?

Further Practice:

You(s) are warmly invited to continue exploring this gentle process whenever you(s) wish to bring in calm, peace, comfort, or inner connection. Your support word (or guide word) can now be part of your personal resource toolkit, available to you(s) whenever you(s) choose to use it. Allow yourself/System to return to this practice as often as feels supportive.



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