

Stabilization exercise

“A place to feel good”

The places we spend time in everyday life are not always beautiful, pleasant or safe. It can be helpful and better to have, at least in our imagination, a place to which we can always retreat. To recharge our batteries, to simply feel good, in good hands. That's what it's all about now.

If you imagine a place like this where you feel really comfortable, what kind of place is that? Is it outside, with landscape, water, sky? Or is it indoors, nice rooms with a pleasant atmosphere? Or is it a mixture that is only possible in our imagination? With streams flowing through rooms, trees in the hallway or a fireplace in the lawn? Wherever your comfortable fantasy place is, imagine it correctly. Maybe elements that you know from before will appear - if they feel good, then incorporate them.

Make it clear to yourself what things, animals and plants you can see in your place of well-being. Think about what you would like to have there and give everything a place. What can you listen to in your place of well-being? Are there sounds, noises, music, nature sounds or city noises? Are there scents or smells that can make you feel even better? Is there any food or drink that you particularly enjoy or that you wouldn't otherwise treat yourself to? What do you feel on your skin when you are in your place of well-being? Is it cool or warm or a mixture of both? What kind of clothes do you wear?

Would it be good to secure this place from the outside? Would you like to imagine a hedge or a fence, a ditch or a guarded door? Or is it better to imagine that an invisible shell is placed over your place of well-being, allowing only you and everyone you let in? Whatever works for you in the imagination, use it.

Now you have created a place for yourself where you really feel comfortable and which can be used to relax and recharge your batteries or simply to give yourself a break from the strenuous everyday life. Use it whenever you like and change it according to your needs.

German Original: <http://be-here-now.eu/selbstfursorge/ein-ort-zum-wohlfuehlen%20%C2%A9%C2%A9%20institut-berlin.de%202016>