

# 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  Music (yours)  Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do you smell: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

What else makes it special: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_