



Safety creation exercise:

**build a foundation for self-love,
create a sense of embodied safety
for your true self.**

Farya Barlas psychologist

Start your transformative journey to self-love and personal growth with this free worksheet, crafted by a seasoned psychologist and trauma expert.

www.Faryabarlas.com

Exercise sheet

CREATING SAFETY FOR YOUR TRUE SELF TO EMERGE

The first step towards building a foundation for self-love is to create a sense of safety for your true self to emerge. This sense of safety needs to be embodied; your body needs to experience safety first. Using your five senses, you can create this essential safety. Your mind and thought process alone will not help you feel safe. you can't think your way to being grounded. Do this practice on a daily basis to activate your senses and cultivate a sense of safety:

Daily Practice to Activate Your Senses

- **Listen :** Take a moment to listen to your surroundings. You may even listen to the silence. Do this consciously to listen to the safety around you.
- Find a quiet place and close your eyes. Notice the sounds around you or even the silence. Let these sounds remind you that you are safe in this moment.
- **Smell :** Have an aromatherapy oil or any cream nearby. Apply it on your hands and elude your sense of smell by consciously breathing in the scent.
- Choose a scent that you find soothing, such as lavender or chamomile. Apply a small amount to your hands, rub them together, and inhale deeply. Focus on the aroma and allow it to ground you in the present moment.

Exercise sheet

CREATING SAFETY FOR YOUR TRUE SELF TO EMERGE

- **Observe** : Look around you. Focus on the colors and shapes of the objects around you. Feel yourself getting grounded by observing that there is nothing threatening around you.
- Spend a few minutes observing your environment. Notice the colors, shapes, and textures of the objects around you. Let your eyes rest on things that bring you comfort and a sense of calm.

- **Taste** : Become mindful and intentional when sipping a drink or tasting your food. Take a moment to feel the sensation and the texture of your food.
- As you eat or drink, do so slowly and mindfully. Pay attention to the flavors, textures, and temperatures. Allow yourself to fully experience the act of nourishing your body.

- **Touch** : Put your hand on your face and gently touch your eyes, cheeks, and forehead. Feel the warmth of the palm of your hand on your skin. Close your eyes for a moment and feel the softness of your skin. Remind yourself that you are safe.

Challenge:

Commit to doing this practice at least once a day. Make a note of how this felt and use the following journal prompt to reflect at the end of the day.



Hi there!

Hi there! I'm Farya Barlas, an author, trauma-informed therapist, senior psychologist, and speaker. My journey has been one of profound transformation and dedication, both in my personal life and in my work, guiding thousands on their path to healing and self-discovery.

I developed a Method called **Homecoming To Self**, combining psychological treatments, somatic healing and inner work to heal trauma in the mind, body, and soul. This holistic approach promotes deep, lasting healing.

Discover Your Path to Inner Wholeness

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