

A FREE THE SELF™ GUIDE

SAFETY ANCHOR & HOLDING SPACE TRAINING

FROM GET CLOSURE NOW™

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Welcome to the SAFETY ANCHOR & HOLDING SPACE GUIDE™

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This guide goes with the training linked here: [Get Closure Now Class 4: Building Capacity](#)

You will be practicing warming up to what you feel and what you're aware of this week. It is essential that you take this gently and slowly so you can build tolerance for what you feel. Tolerance practice will give you the ability to observe and handle what you feel rather than react. This will help you slow down your actions and thinking. It will allow you to make more effective choices despite what you feel.

Instructions:

- **Step One:** Practice Holding Space by using the Holding Space Tools
 - Tool #1: [HOLDING SPACE TOOL V1](#)
 - Tool #2: [HOLDING SPACE TOOL V2](#)
 - **Interval:** Once a day for the next 7 days
 - Track your results on the chart on the next page
- **Step Two:** Reinforce your physical safety
 - **Interval:** Do twice this week
- **Step Three:** Create Your Safety Anchor & Practice Referencing It
 - **Interval:** Do the creation once this week; practice referencing it daily
- **OPTIONAL:**
 - Add safety to the changes you're experiencing by using the Safety Retrieval Guide
 - [Safety Retrieval V1](#)
 - Use the "Trust The Change" guide below to add security and trust to the changes you're experiencing
 - [Trust The Change V1](#)

Complete the charts below after doing each daily practice.



Step One: Holding Space Practice

Build capacity emotionally by practicing holding space. Here's the instructions:

- **Step One:** Practice Holding Space by using the Holding Space Tools
 - Tool #1: [HOLDING SPACE TOOL V1](#)
 - Tool #2: [HOLDING SPACE TOOL V2](#)
 - **Interval:** Once a day for the next 7 days
 - Track your results on the chart on the next page



HOLDING SPACE PRACTICE TRACKING

DATE OF PRACTICE	EXPERIENCE



Step Two: Reinforce Your Physical Safety

You will be reinforcing your physical safety using the steps outlined below. Allow yourself to adapt to the feelings of feeling safer that arise. It is also OK if anxiety grows or it feels only temporarily safe. Regulate using the [Daily Regulation Tools](#) to help with that. Remember, the goal is to feel safer. **Do this TWICE this week.**

STEP	RESULT
Step One: Acknowledge your physical surroundings verbally. "I am safe here. This is my safe space."	
Step Two: Touch the physical space (walls, floor, items) and say to yourself, "This is my safe space. This is my shelter"	
Step Three: Tune into your body. How does it feel? Is it relaxing? Is it hesitating? Allow it to be as it is	
Step Four: Give yourself permission to feel safer in that space while also not expecting yourself to feel entirely safe and relaxed; ease into it	
Step Five: Describe your experience. What level of safer do you feel currently? 0 = SAFE, 10 = VERY UNSAFE	



You will be creating your Safety Anchor. Please follow the instructions below to complete this process.

- **Step One:** Complete the Safety Anchor Creation Process MP3 **once:** [Click to play the MP3](#)
- **Step Two:** Practice recalling your safety anchor within your body and letting yourself shift to feeling the safety there. Use the [Safety Anchor Recall MP3](#) to help
- **Step Three:** Record your experience below
- **Step Four:** Track your experience of using your Safety Anchor
- **Interval:** Do the Safety Anchor Creation Process **ONCE**. Practice recalling the reference object you created once a day for the next 7 days.

(sense a loving mother figure; felt warm, loved, valued; associated it with my wood ring)



TRACK YOUR EXPERIENCE:

DAY	RATE YOUR SENSE OF SAFETY FROM 0 to 10, 0 = SAFE 10 = PARALYZED	DESCRIBE DESCRIBE EXPERIENCE	RATE YOUR SENSE OF SAFETY FROM 0 to 10, 0 = SAFE 10 = PARALYZED
One			
Two			
Three			
Four			
Five			
Six			
Seven			



Conclusion

Use Holding Space and The Safety Anchor to improve your well-being, emotional and physical safety.

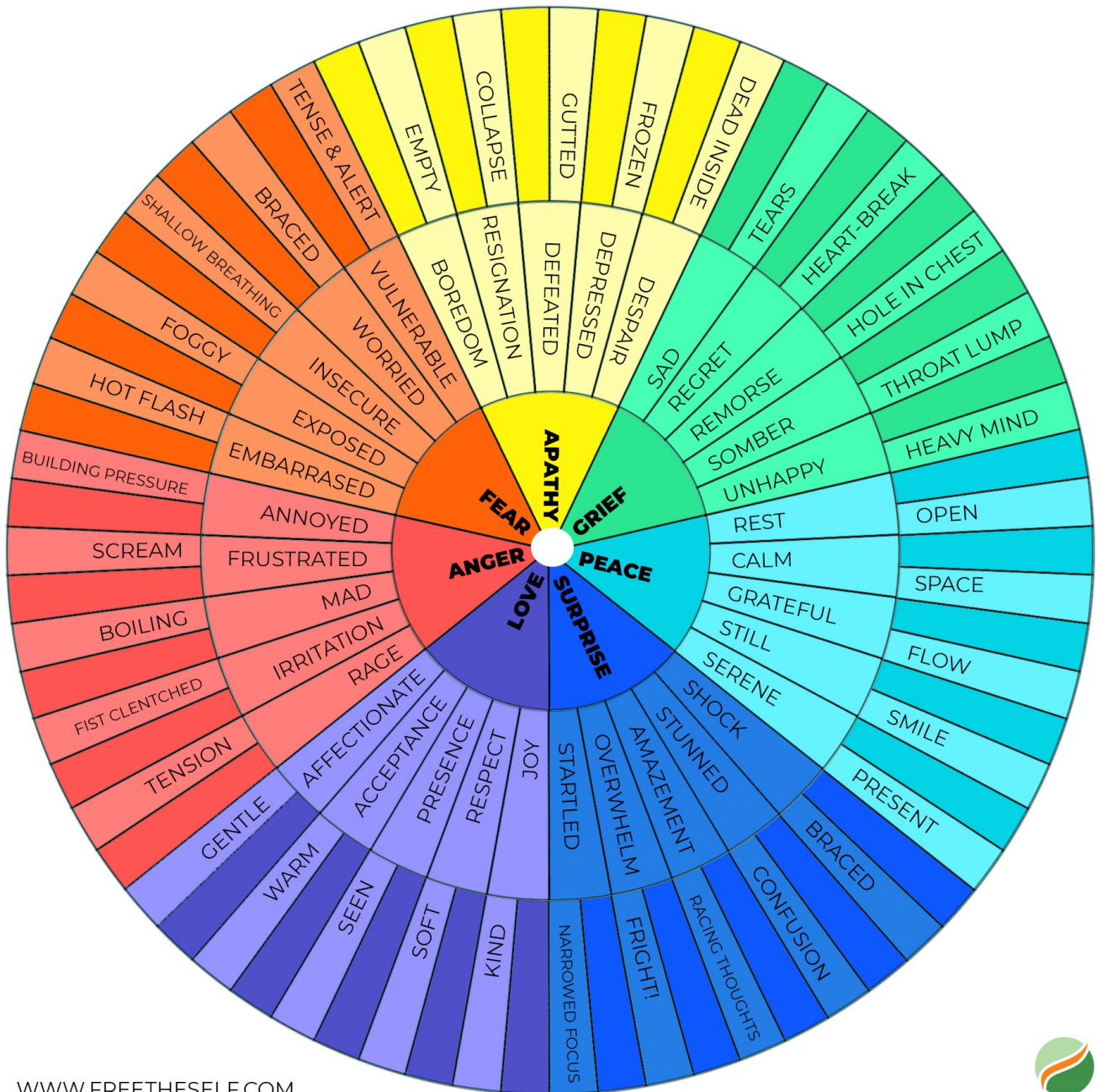
Thank you for being a part of GET CLOSURE NOW™. I look forward to witnessing your growth and happiness over the coming months and years! Don't hesitate to reach out with questions or if you need additional help!

Marshall Burtcher



The Emotion-Sensation Wheel

This wheel can help you create mental associations between your emotions and body sensations. The printed PDF version is here: [ESW PDF](#)





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