

# The I AM SAFE Experiential Exercise

Say "I AM SAFE" as a command.

Visualize these words in your mind's eye:  
I AM SAFE



Breathe in deeply.  
Connect to your higher self.

Relax a muscle  
Relax your shoulders

Do this with every breath to lower your stress all day long.

## In an objective state I can see:



**MIND**

the thought and its content in context with



**EMOTION**

the defined emotion inherent in the thought,



**BODY**

with the noticed and located sensations in my body,



**SPIRIT**

with the discerned calm, unemotional voice of spirit.