

Identifying Your Inner Resource

Keep this worksheet and add to it as more details come to mind. Your Inner Resource will evolve over time. The more details you add and the more you use it, the more helpful it will be.

1. Bring to mind places, people, activities, and objects that make you feel secure, at ease, calm, happy, nourished, and safe. Write these down: _____

2. Choose one from above that feels particularly strong for you and write it down:

3. Add as much detail as possible:

Visual image:

Smells, touch, taste, sounds:

Feelings or emotions:

Words or phrases:

Body sensations or energetic experiences:
