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:
   ___________________________________________________________________________
   ___________________________________________________________________________