

RESOURCE DEVELOPMENT IDEAS

Safe Place: “ _____ ”

Location:

Sights:

Sounds:

Smells:

Emotions:

Body sensations:

Colors:

Light Stream: shape, size, color, temperature, texture, sound of disturbance:

Color of Healing:

Positive Circling:

1. _____

2. _____

3. _____

4. _____

Resource Circling:

Physical: _____

Functional: _____

Psychological: _____

Interpersonal: _____

Spiritual: _____

Positive Self Statement - how I feel about myself now

Anchor: wise person, teacher, mentor, spiritual guides, give good feedback

Safe person: calming, supportive friends, relatives, animals

Nurturers/Protectors: imagined or real

Oases: activity that provides respite

Recovery Goals: how do you want to be different?

Healthy Capable Adult Self: can you see that “healthy self”?

Younger self/ego state to safe place?

Container: