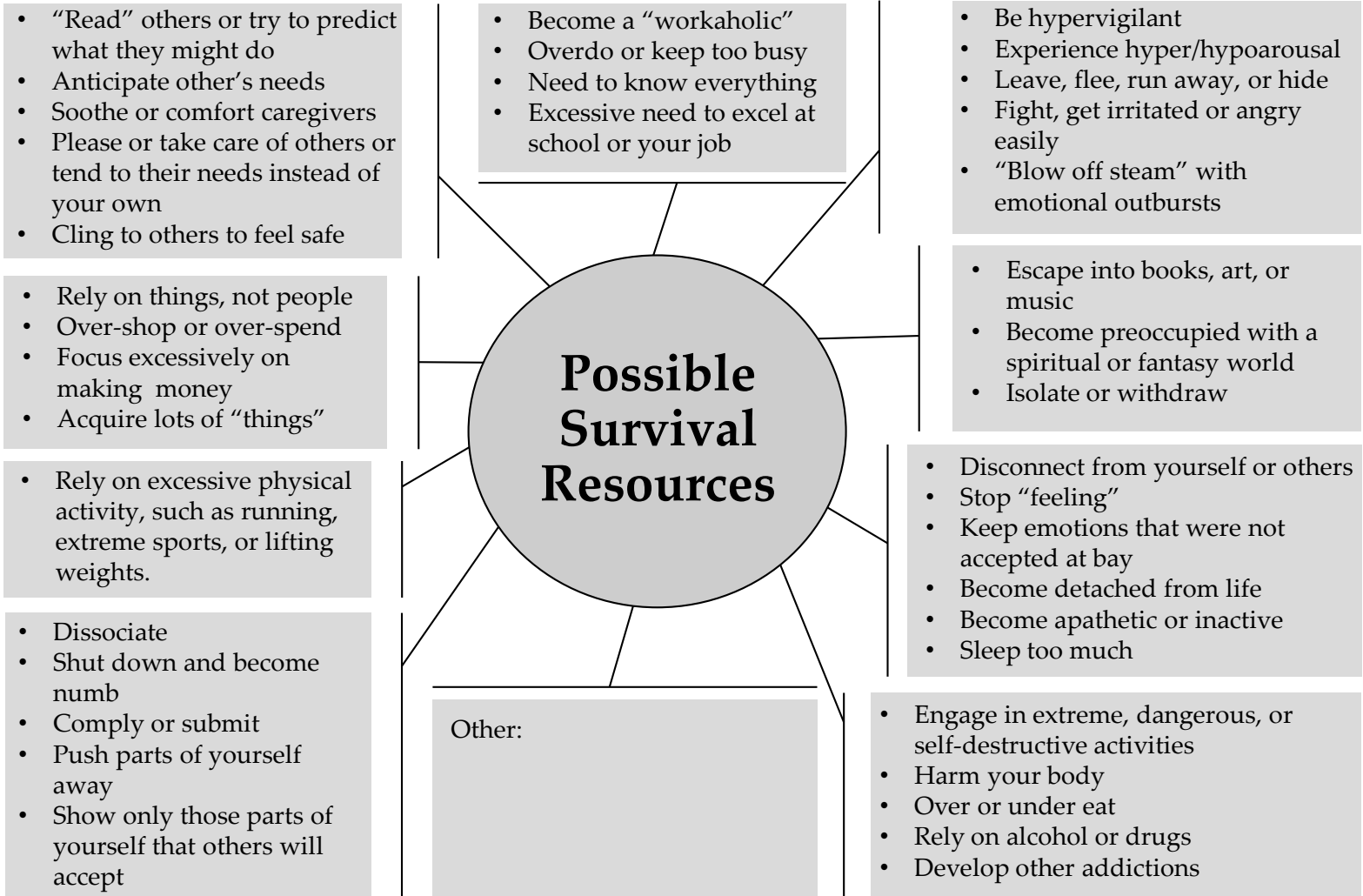


Appreciating Your Strengths

RECOGNIZING YOUR SURVIVAL RESOURCES

Purpose: To identify survival resources you used in the past and to reflect on the survival resources that you still use in your life today.

Directions: First read the examples below of survival resources that might have helped you cope with trauma, adapt to the expectations of your attachment figures, manage emotional pain, regulate arousal, or deal with other difficulties. Then circle those that you currently use or have used in the past. Describe others that occur to you in the empty box. Then answer the prompts below.



List any survival resources that you still use. Describe how they are useful or hinder you in your life today.	Describe any of your survival resources that overlap with creative ones (e.g., soothing a caregiver and exercise could be both a survival and creative resource).	How do your survival resources affect your arousal and your body? (e.g., <i>My arousal decreases if I exercise; I feel my body again when I hurt it; I become less tense when I take care of others.</i>)

Appreciating Your Strengths

REFRAMING A SURVIVAL RESOURCE

Purpose: To identify a survival resource from the previous worksheet that you view negatively and to reframe it as a resource that helped you when you needed it.

Directions: Look over the survival resources you circled on the worksheet RECOGNIZING YOUR SURVIVAL RESOURCES. Choose one of these resources that you think of as a liability or a personal shortcoming, deficit, or weakness. Then answer the prompts below.

1. Describe the survival resource you chose. (e.g., *I work all the time because that's what made my dad proud, but it gets in the way of me enjoying my life and building relationships.*)

2. Describe your negative thoughts, emotions, and body movements and sensations when you think of this survival resource as a shortcoming. (e.g., *I think there is something wrong with me because I don't enjoy life very much and I can't relax. I think about how I can hide my workaholicism from others. I feel ashamed, guilty, and anxious. My body tightens up, and my head comes down.*)

3. When have you used this survival resource? How did your resource help you when you needed it? (e.g., *I started working hard as a teenager to keep my dad from criticizing me. When I didn't work, or just hung around with my friends, he called me a slacker and said I was lazy. This survival resource helped me gain the respect of my dad, and kept me from having to hear his criticism.*)

4. Describe your thoughts, emotions, and body movements and sensations when you think of this survival resource as something that helped you deal with difficult times. (e.g., *I think I was a resourceful 15-year-old. I feel compassion for that person I was. I should have been allowed to just be a teenager and have fun. I feel a sense of pride, as well, for having made it through and for the determination I have. My body feels less tense, and I am able to breathe more deeply. I have the thought that maybe I don't have to work all the time to be OK, that I'm anything but lazy, and the guilt I felt earlier is diminished.*)

Appreciating Your Strengths YOUR CREATIVE RESOURCES

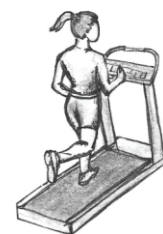
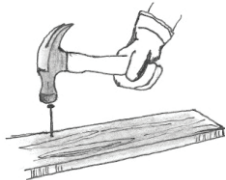
Purpose: To reflect on the creative resources that help you enjoy yourself and your relationships and generate satisfying experiences in your life.

Directions: Think of the creative resources that are available to you—your competencies, talents, abilities, strengths, and activities you enjoy. Then follow the prompts below.

Note: You might consider asking your therapist or a person who knows you well to help you fill out this worksheet.



Reflect on your creative resources. Do you work out, hike, or play a sport? Do you read, write, play music, knit, or draw? Are you a handyman, or a cook, or gardener? Are you good at math, history, or science? Are you the person everyone comes to for advice or comfort? What other competencies or abilities do you possess? Write down your creative resources below.



Choose one of the creative resources above that you want to use more in your life today. Describe three times you have used this creative resource in the past, starting with the first time you can remember using it.

Describe how you can practice using the creative resource that you selected.

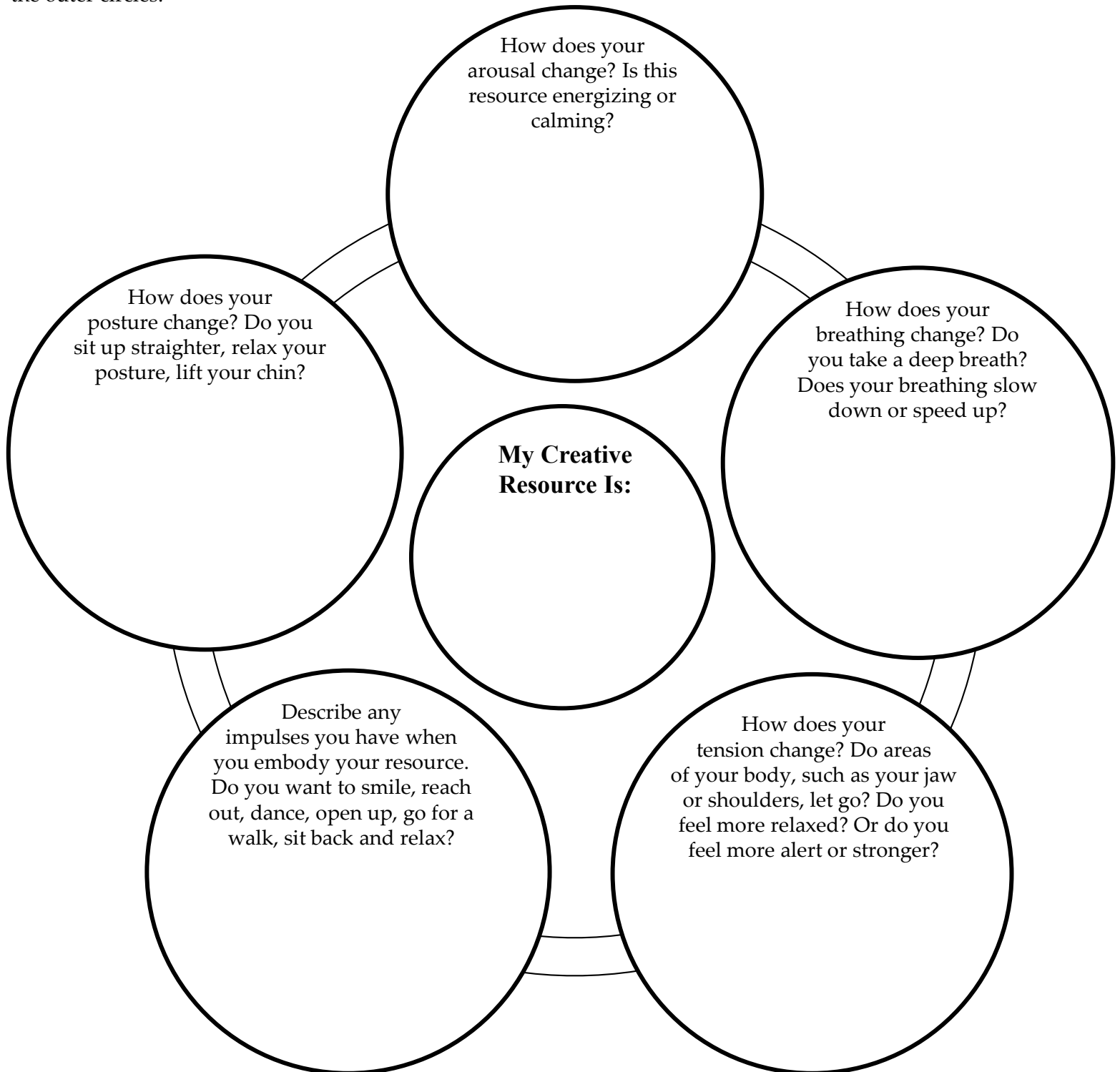
After you have practiced using your resource, reflect on the effect of using it. Then describe how this resource affects your body, your thoughts, and your emotions.

Appreciating Your Strengths

EMBODYING A CREATIVE RESOURCE

Purpose: To select a creative resource, discover how it affects your body and then draw on the somatic elements you discovered to recapture the good feeling of that resource when you need it.

Directions: Think about one of your creative resources and describe it in the center circle. Then, take a moment to remember the last time you engaged that resource. For example, if your resource is enjoying nature, picture yourself in nature, smelling the smells, hearing the sounds, seeing the sights. Take your time remembering the resource until you can feel how you experience it in your body. Describe the resource in the center circle and your body's responses in the outer circles.



Pick one or two of your body's responses to remember and practice daily. For example, if you took a deep breath and lengthened your spine, remember to practice this whenever you think of it. This will help you embody the good feelings of your creative resource and draw on it when you need it.

Appreciating Your Strengths

REPLACING SURVIVAL RESOURCES WITH CREATIVE RESOURCES

Purpose: To explore replacing two survival resources that you no longer find helpful with two creative resources, and to identify how each kind of resource affects your body.

Directions: Complete the following chart.

1. On the left side of each diagram below, describe a survival resource you commonly use and the situations in which you use it. Beneath each survival resource, describe how that resource affects your body—your sensations, movements, impulses, and posture.
2. On the right side of each diagram below, describe a creative resource that could replace the survival resource you described on the left. Beneath each creative resource, imagine how the creative resource would affect your body.

<p>Survival resource and situations in which I use it:</p> <hr/> <p>How it affects my body:</p>	<p>Creative resource</p> <hr/> <p>How it would affect my body:</p>
<p>Survival resource and situations in which I use it:</p> <hr/> <p>How it affects my body:</p>	<p>Creative resource</p> <hr/> <p>How it would affect my body:</p>

Work with your therapist to implement these creative resources in your daily life.