

Target situation _____

Worst Part & SUDs _____

Concrete Resource LWISH

What would you like to be able to do in this situation? J C

Think of a time when you were able to _____

Think of a time when you were able to believe _____

Think of a time when you felt _____

As you focus on that experience (*image, emotions & sensations*) think of the most positive words you can say about yourself now.

What would you like to believe about yourself in this situation? _____

Think of people in your life who possess or embody this quality. _____

Think of people in the world, who can serve as a role model for you. _____

Think of people who made a difference in your life by showing your other choices. _____

What would you like to feel in this situation? _____

Think of who you would want in your corner, coaching you to do what is best for you, to think what is best for you, and helping you to feel _____

Think of any friends, relatives, teachers, or caregivers, animals or pets who encouraged or sustained you.

Think of a spiritual guide, someone who gives you hope or strength.

OR

When you think about this situation what qualities or strengths do you need? _____

Close your eyes if you'd like and allow an image to come to you that would help you to be able to _____ or help you to believe _____ or help you to feel _____

As you focus on (experience/person/symbol) what do you see? _____

What do you hear? _____

What do you smell? _____

What sensations do you notice in your body? _____

What emotions do you feel as you focus on this image or memory? _____

Where do you notice these feelings in your body? _____

As you focus on (*resource image*) and notice the (*sounds, smells, sensations, feelings*) how do you feel now?

As you focus on the picture that represents the worst part of (*target*) how true or helpful do (*resource image & feelings*) feel to you now from one, completely false or not helpful to seven, completely true or helpful? _____

Close your eyes if you'd like and let yourself be aware of (*resource image*) and notice (*resource feelings, sensations, smells, sounds*). What do you notice or feel now? (*no negative associations or affect*)

Resource Installation

Now, as you continue to focus on (*resource image, emotions & sensations*), pay attention to the signals. (6-12).
What are you feeling or noticing now? Repeat 3x

1 _____

2 _____

3 _____

As you focus on that experience (*image, emotions & sensations*), think of the most positive words you can say about yourself now.

Imagine seeing and hearing (*name of model person*) being as you would most like to be. If you would like to, imagine stepping right into _____'s body so you can see through their eyes and feel how it is to be able to act, feel and think like that.

Imagine (*supportive figure*) standing near you and offering you what you need. Imagine that she knows exactly what to say to you, exactly what you need to hear. Imagine a reassuring touch in just the way you need it.

OR

Imagine seeing (*symbol*). Imagine holding (*symbol*) in your hands. Imagine being surrounded by (*image or feeling*). Breathe in (*feeling*). Notice where you feel the positive feelings in your body. Repeat 3x

1 _____

2 _____

3 _____

Do 4th set What are you feeling or noticing now? (*repeat*)
