

Resourcing for Themes (RDI)

Core sense of self (shame/guilt)

Is there a time when....

- ...you felt okay as you or felt that *it's okay to be me*
- ...when you confident (or okay) with your (body, appearance, performance, etc)
- ...you felt you could show (feel) emotions
- ...you felt you could express your needs or make your needs known
- ...you felt worthy (or significant, or important, or essential, or had a purpose)
- ...you felt deserving or (fine/okay)
- ...felt capable or was able to accomplish something
- ...you felt successful (that you succeeded, or achieved) something
- ...you felt that talented
- ...you could manage the (unwanted emotions, thoughts, body sensations, or behaviors)
- ...you could do what you wanted or what you needed for yourself
- ...you learned or believed that something wasn't your fault or you were not to blame
- ...you deserved to live, or deserved good things
- ...you felt like you were a good person or were told you were a good person

Connection/Belonging

Is there a time when.....

- ...you felt someone "showed up" for you
- ...you felt someone was there for you
- ...you felt loved, (cared for, nurtured, understood, etc)
- ...you felt important or needed
- ...you did not feel alone

Control / Choice

Is there a time when....

- ...you chose someone that has been (or can be) there for you
- ...you felt you strong, could cope or function (during distress)
- ...you were able to get through something difficult or challenging
- ...you (learned) to care for yourself or make your needs known
- ...you felt strong?
- ...you felt you could trust your decisions
- ...you felt you could manage things not being your way
- ...you felt, despite the situation, you could cope or manage whatever comes
- ...you could manage the outcomes of your choices
- ...you initially thought you didn't have options, but later realized you did have options?

Safety/Vulnerability

Is there a time when....

- ...you felt you could safely feel (or show) your emotions
- ...you felt you could trust someone (or something)
- ...you felt your decision mattered
- ... you felt your needs and/or views could be different from others
- ...you felt you could (or learn to) take care of yourself
- ...you could make your needs known
- ...you felt you were going to die (but didn't of course)

Envisioning the resource that would help (in the future) or that helped (in the past)

Have the client ***just image or free associate***

What type of resource you (client) would need to feel or respond differently?

What inner strength or capacity would help you not feel so (emotion, helpless, inadequate, etc)

What feeling or belief would you need to have to be able to (insert need)

What resources allow "other people" to get through or master such situations?

Is there a person you know that embodies this resource?

When you think about what it means to have (insert need), what comes to mind?

Develop the resource

Now imagine what it would feel like, or what it would be like to have the (resource) inside the mind and body...

If you woke up every morning with that resource by your side, what would be different? How would you greet the day?

Elaborating the resource

Yes, and if you felt more (insert) what would follow from that?

And if you felt more _____ and you were able to _____ what else would follow from that?

As you begin to feel _____ and do _____ notice what it feels like in the body....Notice how it feels emotionally..... Notice how your thinking is different when you have this resource available to you....

Imagine (future situation) with this resource available to you

Imagine facing (figure situation) with this resource in every cell of your body....

Installing the Resource

Reinstate or re-evoke the most significant images and phrases associated with the resource