

**Internal Resource Team / Allies - Real or Imagined**

<b>Peaceful / Sacred Place</b>	<b>Nurturer</b>	<b>Protector</b>	<b>Inner Advisor or Wise Figure</b>
<ul style="list-style-type: none"> <li>● Real or imagined place</li> <li>● Tranquil</li> <li>● Calm</li> <li>● Separate for client and child parts</li> </ul>	<ul style="list-style-type: none"> <li>● Loving</li> <li>● Safe</li> <li>● Nurturing</li> <li>● Kind</li> <li>● Made you feel seen and heard</li> <li>● Acceptance</li> <li>● Compassion</li> <li>● Encouragement</li> <li>● Warmth</li> </ul>	<ul style="list-style-type: none"> <li>● Strong</li> <li>● Powerful</li> <li>● Protective</li> <li>● Boundaries</li> </ul>	<ul style="list-style-type: none"> <li>● Represents wisdom</li> <li>● Offers a balanced perspective</li> <li>● Empowers the client</li> <li>● Kind, loving</li> <li>● Compassionate</li> <li>● Has your best interest</li> </ul>
<p>Examples:</p> <p>Nature:</p> <ul style="list-style-type: none"> <li>● Beach</li> <li>● Meadow</li> <li>● Forest</li> <li>● Mountain</li> <li>● Vacation spot</li> <li>● Backyard</li> <li>● Island</li> <li>● Garden</li> <li>● Imagined place</li> </ul> <p><b>For Parts Work:</b></p> <ul style="list-style-type: none"> <li>● How does client and allie arrive</li> <li>● Together, separate, as needed?</li> <li>● Type of boundary around place</li> </ul>	<p>Examples:</p> <ul style="list-style-type: none"> <li>● Parent</li> <li>● Stepparent</li> <li>● Sibling</li> <li>● Grandparent</li> <li>● Nanny</li> <li>● Aunt</li> <li>● Uncle</li> <li>● Counselor</li> <li>● Teacher</li> <li>● Pet or animal</li> <li>● Adult self</li> <li>● Figures from movie, tv, or book</li> <li>● Spiritual figures\</li> <li>● An Ideal Mother</li> <li>● Can be aspects of someone the client knows, aspects of self, or imagined or</li> <li>● Someone who can help their mother be a better mother</li> </ul>	<p>Examples:</p> <ul style="list-style-type: none"> <li>● Someone from childhood or present</li> <li>● Spouse or partner</li> <li>● Animals such as lions, tigers, bears, etc.</li> <li>● Imaginary figures from books, tv, movies</li> <li>● Adult self</li> <li>● Action figure</li> <li>● Super hero</li> </ul>	<p>Examples:</p> <ul style="list-style-type: none"> <li>● Teacher</li> <li>● Parent</li> <li>● Grandparent</li> <li>● Spiritual Figure</li> <li>● Waterfalls,</li> <li>● Hawk</li> <li>● Snakes</li> <li>● Older versions of yourself</li> <li>● Native American elders</li> <li>● Saints</li> <li>● Angels</li> <li>● Famous person</li> <li>● Superhero</li> <li>● Prophets</li> </ul>

RDI - Positive Qualities Needed:	Strengthening - Loving Resources		
<ul style="list-style-type: none"> <li>● Courage</li> <li>● Bravery</li> <li>● Self-compassion</li> <li>● Self-acceptance</li> <li>● Empathy</li> <li>● Strength</li> <li>● Perseverance</li> <li>● Determination</li> <li>● Wisdom</li> <li>● Humor</li> <li>● Relaxation</li> <li>● Calm</li> <li>● Gratitude</li> <li>● Love</li> <li>● Hope</li> <li>● Faith</li> <li>● Wisdom</li> <li>● Joy</li> <li>● Balance</li> <li>● Peace</li> <li>● Trust</li> <li>● Gratitude</li> <li>● Serenity</li> <li>● Freedom</li> <li>● Connection</li> <li>● Competence</li> </ul>	<p>An image or memory of people / animals in past or present who the client loves (loved)</p> <p>An image or memory of <b>being loved</b> by people /animals</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>● Children</li> <li>● Animals</li> <li>● Spouse</li> <li>● Best friend</li> <li>● Nieces, nephews</li> <li>● Grandchildren</li> </ul>		