



DENVER WELLNESS COUNSELING

CLIENT WORKBOOK | Resources

Emotional resources are symbols, memories, mantras, strengths, and skills that provide access to positive emotion and protection against poor responses to negative life events. Please answer the following questions to start to identify your resources.

1. In your lifetime, when hard things happened, what helped you cope and or provide support?

1. _____
2. _____
3. _____
4. _____
5. _____

2. Identify a symbol, person (fictional, historic, or real), animal, or image from nature that represents the following (you can pick more than one):

1. Protection:
2. Wisdom:
3. Nurturing:

3. List 3-5 Mastery Memories - times when you felt proud, loved, special; times when you felt connected to your unique gifts; times when you felt connected to others/nature/community.

1. _____
2. _____
3. _____
4. _____
5. _____

4. First identify what you would like to feel/think MORE of in difficult situations (relaxed, safe, confident, in control, compassionate). When is a time in your life that you experienced this skill, strength, or resource? Do this for more than one difficult situation.

1. _____
2. _____
3. _____