



When doing trauma work, we do not want to repeat the past. We do not want to re-traumatize.

As a result, it is helpful to think of building an internal resource for all of the selves that we have ever been, to have for support.



We want to be able to provide for ourselves what was not provided to us when we most needed it.

First, let's start with our own being(s) and Body. Let's Use ourselves as a resource if possible.

# Building your Resource Team



## Wise Self

Notice the age you are now in a nonjudgmental way. Bring to mind the things/people/animals you are responsible for in any capacity.

You may be a cat/dog/bird/guinea pig/horse/animal parent. You may find yourself in a helping profession, such as that of a teacher, coach, social worker, therapist, medical provider, etc.

You may care deeply and tend to your beautiful plants. Notice your caregiving, wise qualities.

- Notice your hands. These hands feed, care, provide
- Notice your bare feet. These feet move throughout the day. These feet support your whole body..

Now, notice internally the felt sense when you are embodying your wise self.

# Building your Resource Team



## Your Inner Spirit Self

This self is difficult to articulate because there may be no words that best capture the experience of being in touch with this spirit self. Some may refer to this Self as spiritual self, inner essence.

This Self is perhaps best captured by your felt sense. Your body's internal knowing. Perhaps there are images, lights, shapes, glow?

I personally have felt this Spirit Self when I'm seated inside a beautiful church, when I am one with the magical nature around me on a hike/at the beach/in the garden.

- Notice the way your body responds to this Spirit Self
- Notice the sound of the breath if that is soothing to you
- Notice the stillness, calmness, lightness...

# Building your Resource Team



## Imaginal Resources

Even these resources may be imaginal, our brain does not care. Our brain will still produce the feel-good neurochemicals we need, such as oxytocin. Our imagination is powerful.

As an experiment, I invite you to bring to mind one of your most desired and delicious foods. Describe this food/entree. Did you notice that more saliva was produced as you brought this image to mind?



# Imaginal Resources

I invite you to allow all of the Yous, to look to your favorite books, stories, movies, tv shows, media, public/global figures...anywhere for inspiration.

You can also bring to mind someone in your own life who has inspired, motivated, and deeply moved you.

Caveat: This resource must be free of any negative or traumatic experiences or associations.



# Imaginal Resources

## Examples

Bandit-----Bluey's Father --Bluey Cartoon

Rose-----Golden Girls Character played by Betty White

Therapist in the movie Good Will Hunting-----Played by Robin Williams

Brene Brown, author of: The Gifts of Imperfection, Braving The Wilderness

Tara Brach, author of: Radical Acceptance, True Refuge

Pema Chodron, Tibetan Buddhist and author of: The Things That Scare You, When Things Fall Apart



Checking in with your internal system/parts/selves/you(s)  
Are these resources good enough?  
Vetting these resources

**For each resource, I would like to invite you to invite your internal system/selves/you(s)/parts to answer the following question(s):**

if we had this \_\_\_\_\_ Resource to talk to when we were experiencing heavy moments, when we were at our lowest, would that have been a good thing? Would that have been helpful? Would we feel supported?

or

Can this \_\_\_\_\_ Resource provide loving energy to us/parts/selves?

or

How does our body feel/What is our felt sense when we think of this \_\_\_\_\_ Resource?