

| **Long-term Goals**   * Build trust within my system by:   + Observing   + Acknowledging   + Validating feelings * Process trauma * Slowly forgive everyone * Explore personal & relational boundaries * Learn 3 new skills: | **Strengths** | **Limitations** | **Affirmations** |
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| **Nutrition & Learning**   * Listen to my body’s signals of fullness, hunger & thirst * Water (10 cups a day/carry water bottle) * Chew 30-40x per bite * Take probiotics & digestive enzymes | **Movement**   * 15-20 min Jog, walk, hike * Walks on lunch break * Swimming/floating * Polar plunge/cold showers | **Rest**   * 60 second breaks every 25 minutes without distraction/technology * 10 min Quiet Time after work | **Community**   * Join a small group * Regular walks with friends * Attend town hall & school board meetings |
| **Mindful Skills**   * Breathing * Love Spot & Flourish Breathing | **Expression**   * Singing, Dancing, Writing * Post reminders of gratitudes | **Morning Routine**   1. While in bed, go to Love Spot, then use Flourish Breathing to review your day and state of parts | **Evening Routine**   1. 8pm - Begin dimming lights incrementally 2. 815-830pm - Turn off all screens 3. 820pm - Warm shower |

Copy and paste some of the descriptions of your favorite Coping Skills and Grounding Techniques in the chart below:

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Become aware of the sensations that can act as warning signals to intolerable discomfort, anxiety, anger, etc. List them below:

| Activating Events (Your triggers; what happens to get you emotionally dysregulated): | Beliefs & Behavior (Your typical interpretations or perceptions of what happened; your automatic thoughts, feelings, and behavior): | Consequences & Considerations (How your responses typical impact situations, with alternative healthy perceptions, responses, and a plan for action): |
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