

RESOURCING GUIDE

September worksheet

Top 10 benefits of practicing resourcing:

1. **Safety Establishment:** Building internal resources cultivates a safe mental space for facing distressing memories, preventing re-traumatization and facilitating healing.
2. **Emotional Regulation:** Resources promoting emotional control enable better emotion management during processing, preventing overwhelming feelings.
3. **Resilience Enhancement:** Empowering individuals with strengths, coping skills, and positive qualities boosts overall resilience, aiding recovery from adversity.
4. **Distress Management:** Tools from resourcing help manage distress during processing, ensuring productive therapy and preventing overwhelm.
5. **Supporting Vulnerability:** Internal resources provide a backdrop for courageously exploring experiences with support.
6. **Positive Self-Beliefs:** Countering negativity, resources foster self-compassion, integral to healing.
7. **Therapeutic Progress:** Resources foster engagement, propelling positive change during therapy.
8. **Long-Term Coping:** Beyond sessions, resources assist in managing stress and emotions for sustained well-being.
9. **Personalized Approach:** Tailored to individual needs, resources are meaningful and effective.
10. **Holistic Healing:** Addressing distress comprehensively, resources nurture strengths and self-awareness.

Ultimately, internal resourcing bolsters therapeutic resilience, empowering growth in a secure environment for processing challenging or distressing experiences.

ACTIVITY:

Creating internal resources involves identifying and cultivating positive, safe, and comforting mental images or experiences that can be accessed during times of distress.

These resources are designed to provide a sense of safety, stability, and comfort while engaging with distressing memories or emotions.

Here are the steps to creating an internal resource:

1. Choose a Positive Resource

Select a positive memory, image, place, person, or feeling that elicits a sense of safety, comfort, and well-being.

2. Internalize the Resource

Practice this visualization and anchoring technique regularly, until you can easily summon the positive feelings and sensations associated with the resource.

3. Visualize in Detail

Close your eyes and take a few deep breaths to relax. Imagine the chosen resource in as much detail as possible. Engage your senses.

4. Amplify Positive Feelings

As you continue to visualize the resource, amplify the positive feelings associated with it.

5. Anchor the Resource

During the visualization, use a simple physical anchor to connect with the positive feelings.

6. Test and Adjust

During times of mild distress, practice accessing this internal resource. Notice how the resource helps you stay grounded and regulated.

7. Enhance Resilience

As you become more familiar with the resource, explore how it can contribute to your overall resilience.

8. Identify Sensations

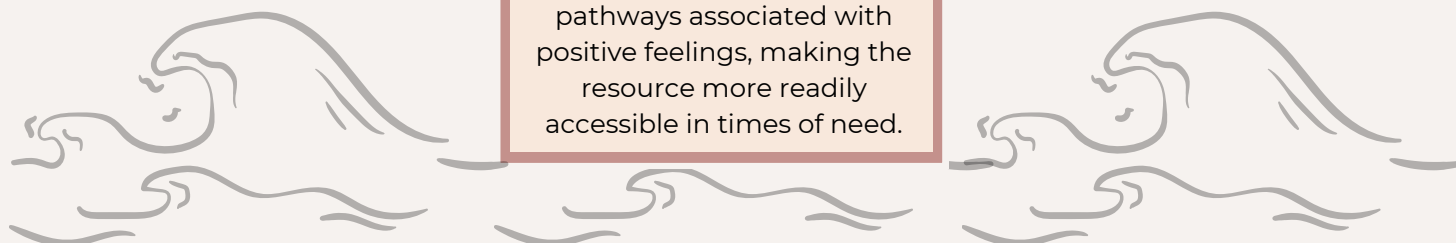
Focus on the physical sensations associated with this positive resource. Notice how your body feels when you think about or visualize this resource.

9. Personalize the Resource

Your resources should be unique to you and resonate with your experiences and needs.

10. Revisit and Reinforce

Regularly revisit and reinforce your internal resources outside of distressing times. This strengthens the neural pathways associated with positive feelings, making the resource more readily accessible in times of need.



EMOTION LIST

PLEASANT EMOTIONS

OPEN

accepting
approachable
confident
connected
easy
embracing
empathetic
flexible
flowing
free
friendly
harmonious
interested
kind
listening
outgoing
present
receptive
satisfied
sympathetic
tolerant
understanding
welcoming

HAPPY

blissful
cheerful
child-like
delighted
easygoing
ecstatic
elated
euphoric
festive
fun-loving
glad
gleeful
glorious
gratified
happy-go-lucky
in good humor
in heaven
innocent
jovial
joyous
jubilant
lighthearted
mellow
on top of the world
overjoyed
rapturous
satisfied
sunny
thankful

PEACEFUL

adequate
assured
at ease
authentic
balanced
blessed
bright
calm
carefree
certain
clear
comfortable
confident
content
encouraged
fine
forgiving
fulfilled
genuine
good
grateful
okay
pleased
quiet
relaxed
self-sufficient
serene
sincere
surprised
unburdened
uplifted

LOVING

admiring
affectionate
allowing
appreciative
attracted
caring
close
compassionate
considerate
devoted
expansive
gentle
gracious
grateful
honoring
humble
kindly
loved
nonjudgmental
passionate
patient
respectful
sensitive
sweet
tender
touched
warm

INTERESTED

absorbed
amazed
amused
attentive
courteous
curious
engrossed
fascinated
focused
inquisitive
intent
intrigued
involved
observant
thoughtful

ALIVE

active
animated
communicative
courageous
energetic
enjoying
equal
excited
exhilarated
frisky
funny
giving
great
intelligent
liberated
optimistic
playful
sharing
spirited
spunky
thrilled
tickled
vigorous
wonderful
youthful

POSITIVE

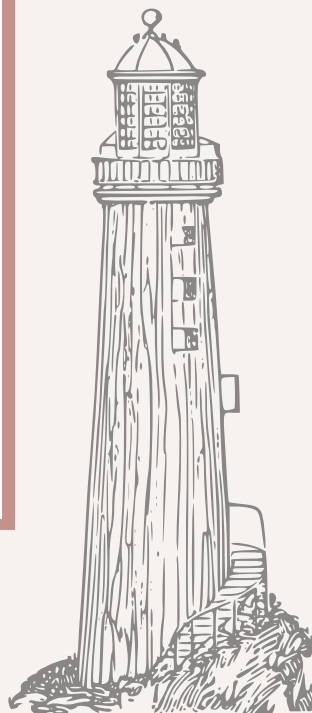
adaptable
approving
beautiful
bold
brave
conscientious
constructive
cooperative
creative
daring
eager
earnest
enthusiastic
exuberant
helpful
honored
hopeful
in the zone
inspired
keen
motivated
privileged
productive
resourceful
responsive
upbeat

STRONG

complete
composed
dynamic
energized
excellent
hardy
honest
mature
perseverant
reliable
responsible
sane
secure
self-affirming
solid
stable
supportive
sure
tenacious
truthful
unique

RELAXED

aware
beaming
centered
efficient
fluid
glowing
graceful
grounded
healthy
laughing
light
meditative
natural
non-controlling
open-minded
placid
radiant
reflective
rested
smiling
spontaneous
steady
still
supported
trusting
unassuming
unhurried
waiting



CONTACT PAGE

Ilona Varo is a Hungarian-born psychotherapist based in Los Angeles, renowned for her dynamic and transformative approach to mental health. Drawing from an eclectic background that traverses the realms of the beauty industry, entertainment sector, and healing arts, Ilona weaves a rich tapestry of experiences to inform her therapeutic practice. With a profound and multifaceted perspective, she offers invaluable insights into the intricate nuances of the human psyche.



Specializing in women's issues, Ilona's expertise extends across a spectrum of concerns, including body image, disordered eating, anxiety, and trauma, spanning the journey from adolescence to adulthood. Through the utilization of methodologies such as EMDR, narrative therapy, and somatic techniques, she underscores the pivotal interplay between mind and body. Ilona's holistic approach focuses on the importance of this connection in nurturing resilience, effective stress management, and the cultivation of healthy coping mechanisms. With an empathetic spirit and a wealth of diverse experiences, Ilona Varo stands as a beacon of transformation, guiding individuals toward empowered mental well-being.