LAB 1 WORKSHEET

Exercise #2: Reveling in Your Resources

Estimated Time: 20 Minutes

1) Write out as many resources as you can in 90 seconds. Don't censor, just write and go with your impulse. Get messy!

2) Classify them as external or internal.

3) Can you remember one time (recently) when you used any of these resources. Both external and internal?

4) Was what happened in #3 useful and helpful? Or do you feel it might have kept you from fully processing something that at the time was uncomfortable, but maybe actually needed to be felt? You be the judge!

5) Did you have any very clear resources when you were younger (similar to my Teddy)?

6) List your resources: