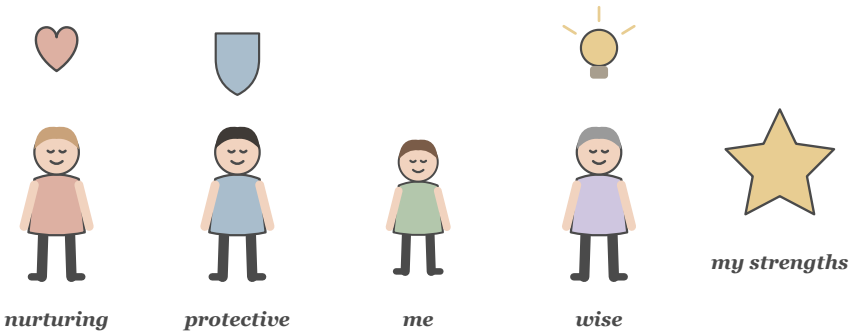
–LENSS–

My Resource Team

The people, figures and strengths that help me feel supported.

A resource team is a group of supportive figures you can call to mind when you need them. They can be people you know, people from the past, characters from books or films, animals, spiritual figures, or images from nature. They don't have to be perfect, just helpful. We can bring them in during processing if you feel stuck or overwhelmed.



My team

Role	Who or what?	What do they say or do for me?
Nurturing: caring, kind, comforting		
Protective: strong, brave, keeps me safe		
Wise: understanding, sees the bigger picture		
Anyone else I'd like on my team		



My strengths

A time I felt strong or capable	
A time I coped with something hard	
Qualities others like or value in me	
Things I am good at	

Calling on my team

- Picture each team member in turn. Notice where they are, their expression and what they say to you.
- Notice how it feels in your body to have them with you.
- Your therapist may use slow, short sets of bilateral stimulation to strengthen these good feelings.
- Between sessions, ask yourself: "What would my nurturing (or protective, or wise) figure say to me now?"

Resource development and installation is described by Andrew Leeds and Deborah Korn, and Laurel Parnell's *Tapping In* (2008) offers further resource ideas.

"I don't have to face this alone."