WORKSHEET 120 · FOR THE PSYCHOLOGIST

The resources on my lifeline

What helped me get through the difficult periods

AIM

Identify, in the person's story, the resources that helped them get through difficulties (people, places, activities, qualities) and check which ones are still available.

WHO IT IS FOR

Low self-esteem, a sense of helplessness, EMDR preparation (resource installation), recovery after a crisis.

DURATION

20-30 min

HOW TO RUN IT

1. Start from 2 to 4 difficult periods already identified (worksheet 116), named with one word.
2. For each one, look for what helped: people, places, activities, beliefs, personal qualities.
3. Distinguish what the person knew how to do (skills) from what they received (support).
4. Check what is still available today and what could be reactivated.

POINTS TO WATCH

> The aim is to highlight resources, not to go back over the difficulty: stay with "what helped". Going back over one's life can bring up painful memories. At home, the instruction is to write just one word for a difficult moment, without going into detail; work on traumatic memories is done in session (EMDR, NET), once there is enough stabilisation.

REFERENCES

Shapiro, F. (2018). Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures (3rd ed.). Guilford.

Adler, J. M., Turner, A. F., Brookshier, K. M., Monahan, C., Walder-Biesanz, I., Harmeling, L. H. & Albaugh, M. (2015). Variation in narrative identity is associated with trajectories of mental health over several years. Journal of Personality and Social Psychology, 108(3), 476-496.

Westerhof, G. J. & Bohlmeijer, E. T. (2014). Celebrating fifty years of research and applications in reminiscence and life review: State of the art and new directions. Journal of Aging Studies, 29, 107-114.

PSYCHOLOGIST'S NOTES

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications

WORKSHEET 120 · WORKSHEET TO HAND OUT

The resources on my lifeline

If you are here today, you have been through difficult times. Something or someone helped you, and you did something too. This worksheet is for finding it.

1. Choose 2 to 4 difficult periods and name them with one word.
2. For each one, note what helped you: people, places, activities.
3. Also note what you did yourself: your qualities, your ways of holding on.
4. Tick what is still available today.

Period (one word)	What helped me	What I did myself	Still there today?

A resource I want to reactivate this week, and how:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications