WORKSHEET 95 · FOR THE PSYCHOLOGIST

My resources

Gathering what holds me up: people, places, qualities, memories

AIM

Identify and strengthen the person's resources (supportive relationships, places, personal qualities, memories of competence, inspiring figures), usable during therapy and in daily life.

WHO IT IS FOR

Preparation and stabilisation phase, a low sense of having resources.

DURATION

20 min in session

HOW TO RUN IT

1. Explore four kinds of resources: people (real or symbolic), places, personal qualities, moments when the person felt capable.
2. For each resource, gather an image, sensations and an associated sentence.
3. Within EMDR, some resources can be strengthened according to the resource development and installation protocol.
4. Keep the list as a "toolbox" for later.

POINTS TO WATCH

> Choose resources that are not ambivalent (unrelated to the trauma). If a resource brings up negative emotions, set it aside.

REFERENCES

Korn, D. L. & Leeds, A. M. (2002). Preliminary evidence of efficacy for EMDR resource development and installation in the stabilization phase of treatment of complex posttraumatic stress disorder. Journal of Clinical Psychology, 58(12), 1465-1487.

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

PSYCHOLOGIST'S NOTES

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WORKSHEET 95 · WORKSHEET TO HAND OUT

My resources

Best done with your psychologist

You have already been through difficult things: you have resources, even if you don't always see them. Gathering them here helps you lean on them during therapy and in daily life.

1. People who support me (close to me, or figures I admire).
2. Places where I feel good.
3. My qualities, and a moment when I felt capable.
4. For each resource: what I feel in my body when I think of it.

Resource	Type (person, place, quality, moment)	What I feel when I think of it

Which of my resources helps me most at difficult times?

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.

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