

# Resourcing Practice

Resourcing is the name of a skill that includes resources. Resources can be anything that helps a person to feel better. They can be a person, place, thing, idea or, anything else that helps them feel better.

Jack is telling Jill about how he learned to take pictures with his mom. Jill asks him questions about his mom and the things he likes about taking pictures.



Jack says that he enjoys taking pictures with her outside and the time they spend together. He says she is funny and makes him laugh. Jack smiles as he tells Jill about his mom.

Jack's mom is a resource for him. Even when he is not with her, he can think of her and it can help him feel better.

Jack can practice resource intensification by trying to remember specific details about his mom.



# Resourcing Practice

Think of one of your own resources. Remember, a resource can be anyone or anything that you find comforting (person, place, thing, idea, etc.). Add your answer in the space below.

*Example: Someone might choose an old teddy bear as their favorite resource.*

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Resource intensification: What are some details about your resource?

*Example: The teddy bear might be big, soft, fuzzy, and light brown with black eyes.*

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What are some places in your body that feel comfortable or “okay” while you think of your resource?

*Example: Shoulders and chest may start to relax.*

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