

What you practice is what you have.

—Zen saying

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Big list of inner resources, coping skills & practices

Go-to practices

Safety plan

Implementation Intention (can be applied to any & all practices)

Resource Friday

For grounding & centering when overwhelmed

Notice 1 thing

"As I notice" awareness practice

Just noticing..., just feeling...

Gathering the mind & cherishing the present moment

Breath awareness practice

Breath control & awareness practice

Grounding techniques

Notice, regulate, respond 3-step

For urge & impulse control

RAIN practice

Recognizing stress

Urge/impulse surfing

31 days of harm reduction tools

"As I notice" awareness practice

Just noticing..., just feeling...

For anxious thoughts

Feared-outcome 4-step contemplation

5-step unblending & check-in practice with a worried part

Container

Calm place

Notice, regulate, respond 3-step practice

Thought defusion: Now I'm having the thought that...

Leaves on a stream

Remote control

Anchoring in a positive experience

White room meditation

RAIN practice

Noticing, feeling, needing, wondering

Thought & Evidence Journal
List of cognitive distortions

For increased capacity
3-in-1 capacity resource
Notice, regulate, respond 3-step
Noticing, feeling, needing, wondering
Time management tips

For relief from body tension
Lightstream

For self-compassion
Loving Eyes
Meeting Place
Inner Advisor in a Peaceful Place
The words we long to hear
Inner circle of support
Campfire
Metta/loving-kindness meditation

For compassion toward others
Metta/loving-kindness meditation
Tonglen

For tracking triggers & unresolved trauma driving triggers
Triggers log
Memories log

For feeling seen, heard, understood
If you really knew me

Toward acceptance of the world we have
Radical acceptance practice

For identifying feelings & needs
List of feelings
List of needs
The 6 Fs: parts check-in

For advocating for self (if a listener is available)

[Noticing, feeling, needing, wondering](#)
[Nonviolent communication bare bones](#)
[Nonviolent communication with parts language](#)
[Do I need to be hugged, helped, or just heard?](#)

For orienting to what's important/values
[Values-based action](#)

For gratitude & appreciation
[Gratitude Journal & Awareness Diary](#)

For reflection & future action
[Chain analysis: What happened?](#)
[What have I learned? How have I grown?](#)
[The 6 Fs: parts check-in](#)

For making decisions & resolving ambivalence
[Decisional Balance \(applied to any internal conflict\)](#)

For motivation (e.g., when depressed)
[Resourcing activities list](#)
[Stages of change](#)
[Activity schedule \(with values-based action\)](#)
[Building new habits](#)

For sleep
[Sleep meditation](#)
[Sleep diary, simple & elaborate](#)
[Sleep hygiene checklists & tips](#)
[Dream diary](#)

Misc
[Protective factors](#)
[Stress management](#)
[Recognizing stress](#)
[Stress management tips](#)