

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](#)