

*What you practice is what you have.*

—Zen saying

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## Big list of inner resources, coping skills & practices

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### Go-to practices

Safety plan

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

Resource Friday

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### 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

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### 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...

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### 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

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**For increased capacity**

3-in-1 capacity resource

Notice, regulate, respond 3-step

Noticing, feeling, needing, wondering

Time management tips

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**For relief from body tension**

Lightstream

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**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

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**For compassion toward others**

Metta/loving-kindness meditation

Tonglen

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**For tracking triggers & unresolved trauma driving triggers**

Triggers log

Memories log

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**For feeling seen, heard, understood**

If you really knew me

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**Toward acceptance of the world we have**

Radical acceptance practice

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**For identifying feelings & needs**

List of feelings

List of needs

The 6 Fs: parts check-in

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**For advocating for self (if a listener is available)**

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

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**For orienting to what's important/values**  
Values-based action

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**For gratitude & appreciation**  
Gratitude Journal & Awareness Diary

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**For reflection & future action**  
Chain analysis: What happened?  
What have I learned? How have I grown?  
The 6 Fs: parts check-in

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**For making decisions & resolving ambivalence**  
Decisional Balance (applied to any internal conflict)

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

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**For sleep**  
Sleep meditation  
Sleep diary, simple & elaborate  
Sleep hygiene checklists & tips  
Dream diary

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**Misc**  
Protective factors  
Stress management  
Recognizing stress  
Stress management tips