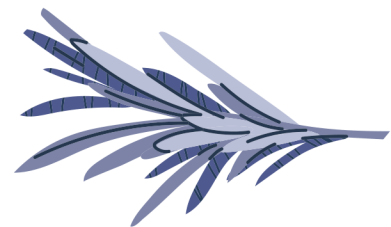




Therapy Binder



Step 1 - Start Here



IDENTIFY EXPERIENCE

- (What happened? What emotions are you feeling? What are you thinking about?)

IDENTIFY TRIGGERS

- (What caused this? What is hurting? Is this familiar?)

IDENTIFY NEEDS

- (What part is hurting? What needs attention? What needs to be focused on?)

BRAINSTORM SOLUTIONS

- (Consider your Values, Goals, Priorities, Sensory Experiences, Bodily Needs, and Tools)



Therapy Notes

My Mood Is...

My Body Feels...

My Mind Feels...

Main Discussion Points

Session Notes & Observations

Takeaways and Lessons

Topics for Next Session



Self Compassion

This is a moment of _____

This is a part of being human.

I am allowed to be kind to myself at this moment.

I am allowed to give myself the same compassion I
would give to someone else.



Optional: How may I be kind to myself at this moment? (Watch a film, color, play games, eat, sleep, tea, coffee, cozy blankets, tv).

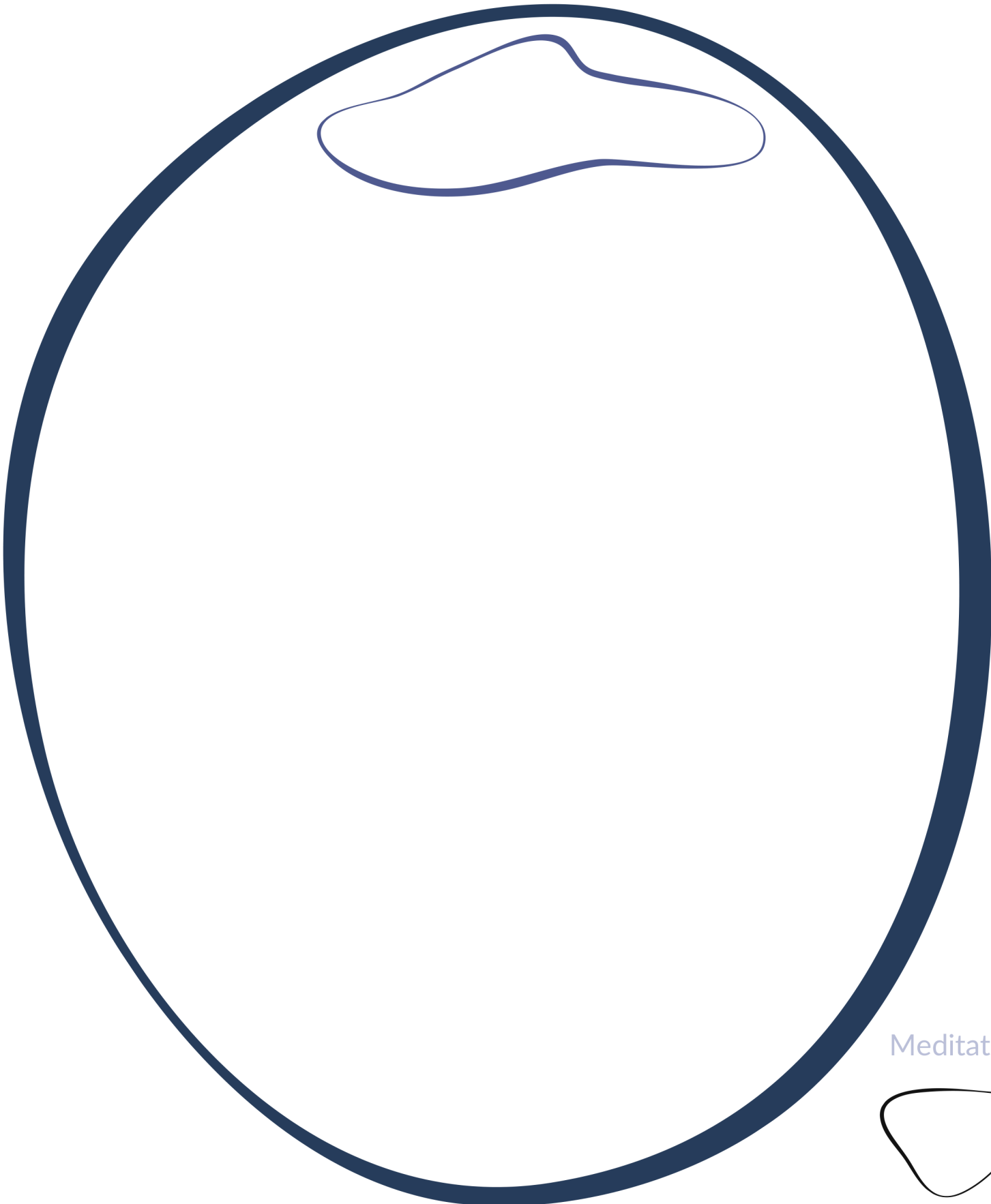
Optional: How would I give compassion to someone I admire? ("This is not your fault." "Let's do something else instead." "Do you want advice or listening?" Order them food, watch a movie of their choice,)



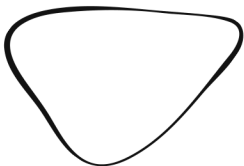
My Body Feels...

My Mind Feels...

My Mood Is...



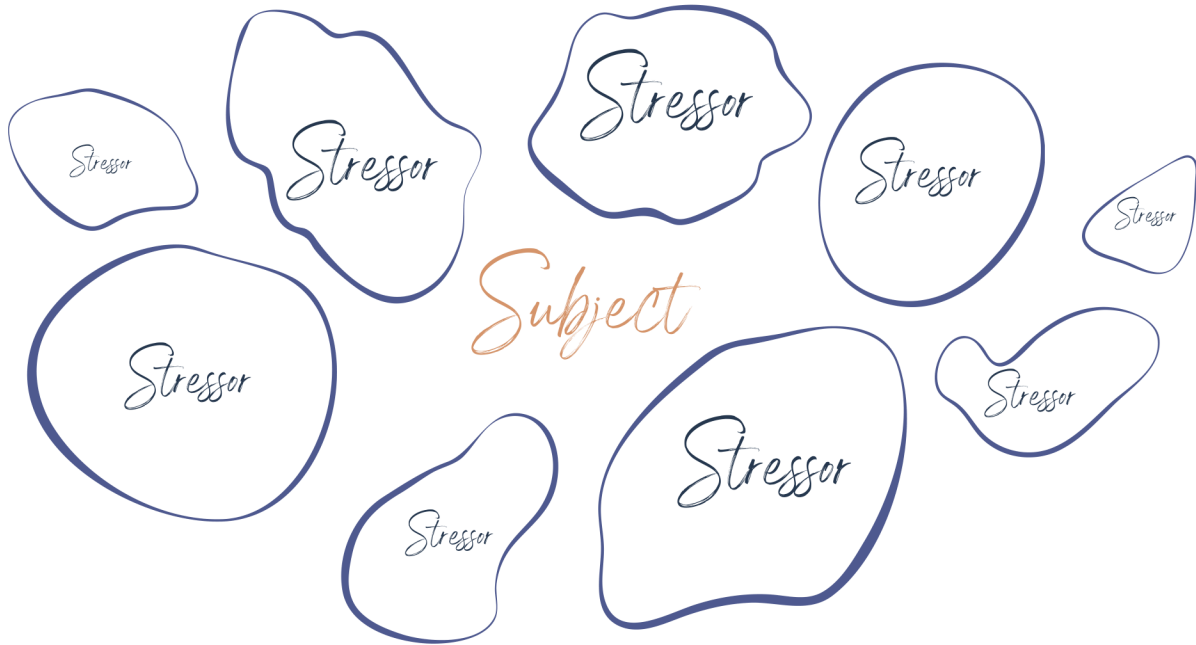
Meditation



Stress Bubbles



1. Write down a stressful subject.
2. Draw bubbles connected to the subject and each other.
3. Draw bigger bubbles for bigger feels.
4. Color in the bubbles with the emotion you feel when you think of them.



What did you notice? Are things smaller or bigger than you thought they would be? Do you have different or similar colors? Is there a dominant emotion?

Now that you know more about the subject, it's meaningfulness, and your emotions with it, what part or parts should you focus on first?

Decatastrophizing



Cognitive Distortions are irrational thoughts that have the power to influence how you feel. Everyone has some cognitive distortions—they're a normal part of being human. However, when cognitive distortions are too plentiful or extreme, they can be harmful.

What are you worried about?

How likely is it that your worry will come true? Give examples of past experiences, or other evidence to support your answer.

If your worry does come true, what's the worst that could happen?

If your worry does come true, what's most likely to happen?

If your worry comes true, what are the chances you'll be okay...

In one week?	%	In one month?	%	In one Year	%
--------------	---	---------------	---	-------------	---



Other People Suck Sometimes

Deal with their intrusive and weird behaviours below.

What did they say?

How did it make me feel?

What button is this pressing?

Is this a repeated offense?

How could I respond that is short, truthful and that I am ok sharing? OR Are they worth the effort of a response?



Actual V.S. Perceived Barriers

Write down which task you want to do and the barriers that prevent you from completing it. Afterwards, circle the barriers that actually exist.



Are there less actual barriers to perceived barriers?

Do you still want to do the thing now that you know which barriers exist?

All Parts Are Welcome

The following exercise can help you embrace (and talk to) all parts of your Self. Focus your attention inside yourself and say the following in your head or out loud:

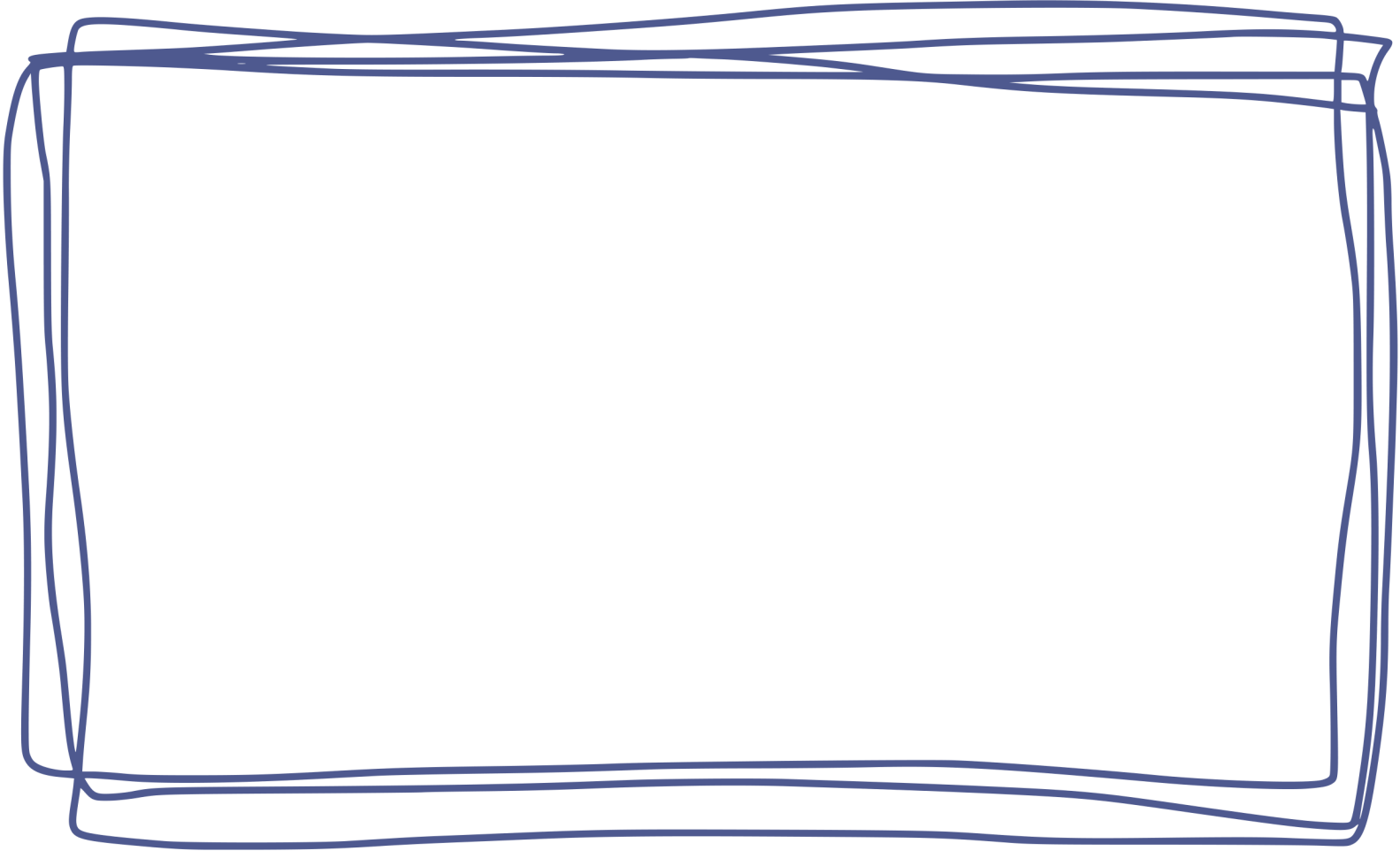
"I want to help anyone that needs help, but first, I need to know all of you." "If you overwhelm me, I will not be able to help you." "Please be here with me, rather than taking me over. When you are ready, let me know who you are, and I will write it down."

Make a note of the parts (including thoughts, emotions, and sensations) that you feel or experience:



Identifying Parts Through Drawing

1. Begin with a large blank sheet of paper or use the space below. Without trying to be too neat, start drawing, or writing labels, for the various parts of your Self you can identify. For example, thinker, corporate, creative.
2. Show connections that you feel are important. You may end up with something that looks like a mind map or a spider's web.
3. Use colors or shapes to indicate which parts you like or feel optimistic about and which ones you don't like or feel pessimistic about. For example, perhaps some are critical, while others are compassionate.



4. Reflect on the picture you have created. In the space below, describe how you feel about each part. which parts do you struggle to allow in and how do you think you might integrate them into your Self?



Understanding Our Relationship With a Part

IDENTIFY THE ROLE AND INTENT OF THE PART

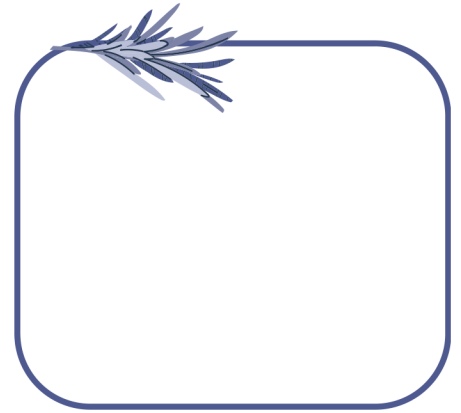
Part Name

1. What is its role, and how does it help you manage your life?
2. What is its relationship with other people?
3. What positive intent does it have for you?
4. How does it try to protect you?
5. What is it trying to protect you from?
6. Is it happy with its job? Or would it prefer something else?

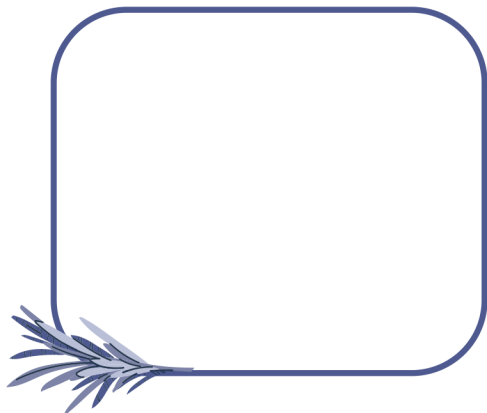
Drawing/Symbol
of Part



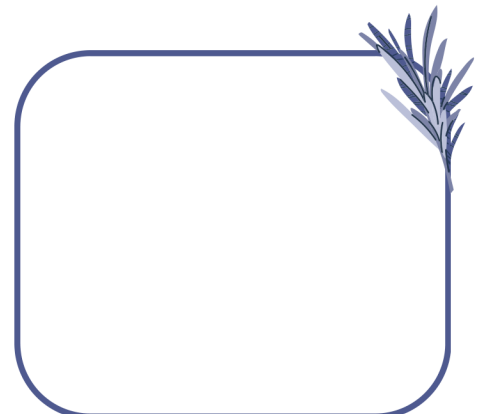
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



IDENTIFYING

Managers & Firefighters

While managers help us manage our lives, avoid discomfort and pain, firefighters (once triggered) rush in and try to fix the problem. We may recognize both in how we cope.

Ask yourself the following questions when considering a part:

- 01 What bodily sensations accompany the part?
- 02 Write about how you feel regarding each part.
- 03 Write about how each part feels about you and what it does for you.
- 04 Reflect on the part and write down any additional thoughts. It should be clear from your answers whether the part is a manager or a firefighter.





Part Interview

1 - FIND

Turn your attention inwards and check if any sensation, thought or feeling comes to your attention.

Make this your target

Notice where this part is located in or around your body

2 - FOCUS

Bring your attention to the part that you just found

Spend some time gathering your attention and let the part show itself to you in whatever way it wants

3 - FLESH OUT

Allow the part to contact you in whatever way it wants.

Does it have an image?
Does it have or make a sound? Is the part telling you anything?
Maybe there are no words and images, and you have body sensations

4 - FEEL TOWARD

Notice your reactions to this part as you become aware of it. Are you patient, or do you want it to go away quickly? Do you want to allow this part to be as it wants to be, or do you want to control?

How are you feeling towards this part?

Is your heart open to this part?

CHECK FOR SELF-ENERGY

Only move on to the following two steps if your answer to "Feel toward" shows that you have no agenda other than open-heartedly wanting to get to know the part with some curiosity, compassion, calm, confidence, etc.

5 - BEFRIEND

Get to know more about this part. How did the part get its job? Is it satisfied with the job? Would it do it any other way? How old is the part?

6 - FEAR

Find out what the protector is scared would happen if it stopped doing its job the way it does.





PROJECT

Timeline

WEEK 1

You can use this portion to provide an overview of the project from start to finish. You can add examples to help your reader along!

WEEK 2

You can use this portion to provide an overview of the project from start to finish. You can add examples to help your reader along!

WEEK 3

You can use this portion to provide an overview of the project from start to finish. You can add examples to help your reader along!

WEEK 4

You can use this portion to provide an overview of the project from start to finish. You can add examples to help your reader along!

WEEK 5

You can use this portion to provide an overview of the project from start to finish. You can add examples to help your reader along!

WHAT WE NEED FROM YOU

Client Checklist

This portion can contain the list of things you'll need from your client, in the form of bullet points or a short, descriptive paragraph. Adding graphic elements can also give detail and depth to a text-heavy document.

CHECKLIST

- Write what you would need here.
- Write what you would need here.
- Write what you would need here.
- Write what you would need here.
- Write what you would need here.



INSERT A TASK OR QUESTION

You can leave some space here for your client to respond.

INSERT A TASK OR QUESTION

You can leave some space here for your client to respond.

INSERT A TASK OR QUESTION

You can leave some space here for your client to respond.

WHAT WE'LL USE

Tools & Resources

01 Write the resource here.
You can add a brief description
of what the resource is for.

04 Write the resource here.
You can add a brief description
of what the resource is for.

02 Write the resource here.
You can add a brief description
of what the resource is for.

05 Write the resource here.
You can add a brief description
of what the resource is for.

03 Write the resource here.
You can add a brief description
of what the resource is for.

06 Write the resource here.
You can add a brief description
of what the resource is for.

Communication

Contact Details



hello@reallygreatsite.com



+123-456-7890



www.reallygreatsite.com

Office Hours



M - F 9:00am - 5:00pm CST

Response Time



24 - 48 hours except weekends

FREQUENTLY

Asked Questions

Write one of the frequently asked questions here.

Use this space to provide your answer. You can add details or examples to help your reader along! Adding graphic elements can also give detail and depth to a text-heavy document. Be as creative as you want!

Write one of the frequently asked questions here.

Use this space to provide your answer. You can add details or examples to help your reader along! Adding graphic elements can also give detail and depth to a text-heavy document. Be as creative as you want!

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Write one of the frequently asked questions here.

Use this space to provide your answer. You can add details or examples to help your reader along! Adding graphic elements can also give detail and depth to a text-heavy document. Be as creative as you want!

LET'S GET STARTED!

Your main content goes here. Feel free to use long paragraphs, or break them up into shorter ones with subheadings.

Adding graphic elements can also give detail and depth to a text-heavy document. Be as creative as you want! Use whatever will help get your main discussion points across.

[CLICK HERE TO SCHEDULE A CALL](#)

Wrap up the document here. This space can be used for a quick knowledge check, feedback, summary or conclusion. Share links to your website or social channels, so clients will know how to easily reach you.

Jacqueline



hello@reallygreatsite.com
www.reallygreatsite.com

