List of your resources

What has helped you before — for moments when you can't remember anything.

> In distress, memory for your own resources disappears. A written list replaces that memory. Fill in **during a calm period** and keep it where you'll find it.

What settles me within five minutes

1.

2.

3.

What gives me energy back within half an hour

1.

2.

3.

People I feel easier around

1.

2.

3.

Places where I breathe better

1.

2.

3.

For personal use.

What I have already come through

Three pieces of evidence I forget in distress

For personal use.