CREATING A RESOURCE CIRCLE
(Created by Kristin Miller, Ph.D. for Resources for Resilience)

Purpose:
To help identify and connect with internal and external resources for support.

Use when:
- Feeling unsafe or disconnected
- Feeling the need for nurturing and connection
- Feeling alone and separated from others

Common experiences:
- Feeling connected with inner and outer resources
- Feeling more open to possibilities
- Feeling more capable and confident

Steps:
1. Place both hands at the center of your chest, one on top of the other and take a few breaths and notice what you are feeling and experiencing in your body.

2. Peaceful Place: Take a few moments and think about a place where you have experienced peace and safety. Breathe in the feeling of peace, and relax into the feeling on the out-breath, several times. Imagine you are encircled in this place.

3. Love and Nurture: Notice what brings you feelings of love, connection, nurturance, and relaxation. This can be thoughts, images, memories of interactions with people and animals, visions of God, angels or spiritual teachers, memories of heroes or movie characters, or thoughts about different roles where you felt loving and loved. Breathe in this feeling of nurturance and relax into this feeling on the out breath several times. Fill your circle with these memories and resources in your imagination.

4. Protection: Find images, people, memories, roles, role models, or archetypes that give you a feeling of safety, protection, strength, and empowerment when you connect with them. Breathe in this feeling of protection and safety and relax into it on the out breath several times. Fill your circle with these resources in your mind.

(continued on next page)
5. **Resilience:** Think about times when you have bounced back from distress and trauma and the skills that you developed to support yourself, e.g. caring, self-soothing, problem solving, communicating, organizing, cooperating. Think about productive roles that you have fulfilled like being a nurturer, provider, educator, team player. Notice how you feel when you think about this. Breathe in this feeling of resilience and productivity, and relax into it on the out breath several times. Fill your circle with these resources in your imagination.

6. **Circle of Resources:** Take a few minutes and imagine yourself seated in the center of a large circle or ball of light enclosing you within your peaceful place. Seated all around the circle are your inner resources of love, protection, and resilience. Standing just outside the circle behind the inner resources are your external resources, friends, family members, therapists, support group members, professionals etc. Breathe into this feeling of support and relax into it on the out breath for several minutes until you feel connected and supported by your inner and outer resources.

*A true resource is a person, place, quality or inner state that helps you feel safe, connected, strong, and supported so that you can open and expand, and handle distress and challenges. It can help to remember that you are not alone, and we always have people and resources available to us.*

The information in this document is educational in nature and is provided only as general information for stress reduction. It is not intended to create, and does not constitute a professional relationship between Resource for Resilience project team members or the Association for Comprehensive Energy Psychology (ACEP) and the viewer. It should not be relied upon as medical, psychological, coaching, or other professional advice of any kind or nature whatsoever.