

Identifying Resources Worksheet

Use this worksheet to identify and strengthen internal and external resources that support regulation, safety, and resilience. Resources can include people, places, sensations, movements, memories, and activities that bring comfort, calm, or vitality. Reflect on each category and describe in detail what helps you feel more stable, present, or connected.

Section	Reflection / Notes
1. Internal Resources Examples: personal strengths, values, memories of mastery or calm, spiritual or creative practices.	<hr/> <hr/> <hr/> <hr/>
2. External Resources Examples: supportive relationships, safe spaces, meaningful activities, comforting environments.	<hr/> <hr/> <hr/> <hr/>
3. Sensory Resources Examples: textures, sounds, smells, visual images, movements, or sensations that help you feel grounded.	<hr/> <hr/> <hr/> <hr/>
4. Somatic Cues of Resource How does your body let you know when you are accessing a resource? Notice posture, breath, temperature, or tension changes.	<hr/> <hr/> <hr/> <hr/>
5. Using Resources in Daily Life Describe when and how you can intentionally bring these resources into moments of stress or dysregulation.	<hr/> <hr/> <hr/> <hr/>

Reflection: Which of these resources feel most available right now? Which could you strengthen or revisit?