

# BRAINSTORMING ON WHAT HELPS ME FLOW

## THINGS I NEED TO FLOW

Purpose / Goal / Direction  
 Vision  
 Mentor / Community Support / Guidance  
 Friendship / Companionship  
 Patience  
 Gratitude / Grace / Thankfulness  
 Hope  
 Recognition  
 Good communication  
 Cooperation  
 Kindness  
 Belonging  
 Appreciation  
 Acceptance  
 Connection  
 Respect  
 Nurture

Authenticity  
 Honesty  
 Creativity  
 Transparency  
 Commitment  
 Rest and Sleep  
 Solitude  
 Peace  
 Resilience / Perseverance  
 Mutuality  
 Laughter / Joy / Fun  
 Play  
 Presence  
 Freedom  
 Inspiration  
 Choice / Autonomy  
 Space  
 Meaning  
 Awareness

Tenderness  
 Inclusion  
 Learning & Growth  
 Self-Respect  
 Healing  
 Vision / Dreams  
 To Grieve  
 Love  
 Consideration  
 Empathy  
 Community  
 Understanding  
 Trust  
 Support  
 Stability  
 Safety  
 Exercise

Financial Security: Shelter, Food, Etcetera

**Circle Your Needs**

**Circle Some Tools  
You Can Integrate**



THE TOOLBOX PROJECT

### The 12 Tools

*Tools for Learning • Tools for Life*



#### Breathing Tool

*I calm myself and check-in.*

#### Quiet/Safe Place Tool

*I remember my quiet/safe place.*



#### Listening Tool

*I listen with my ears, eyes, and heart.*

#### Empathy Tool

*I care for others. I care for myself.*



#### Personal Space Tool

*I have a right to my space and so do you.*

#### Using Our Words Tool

*I ask for what I want and need.*



#### Garbage Can Tool

*I let the little things go.*

#### Taking Time Tool

*I use time wisely.*



#### Please & Thank You Tool

*I treat others with kindness and appreciation.*

#### Apology & Forgiveness Tool

*I admit my mistakes and work to forgive yours.*



#### Patience Tool

*I am strong enough to wait.*

#### Courage Tool

*I have the courage to do the "right" thing.*



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### Fill in the Blanks

#### Good Things About the Way I Feel my Feelings & Engage My Thoughts

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Not-So-Good Things About the Way I Feel my Feelings & Engage My Thoughts

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

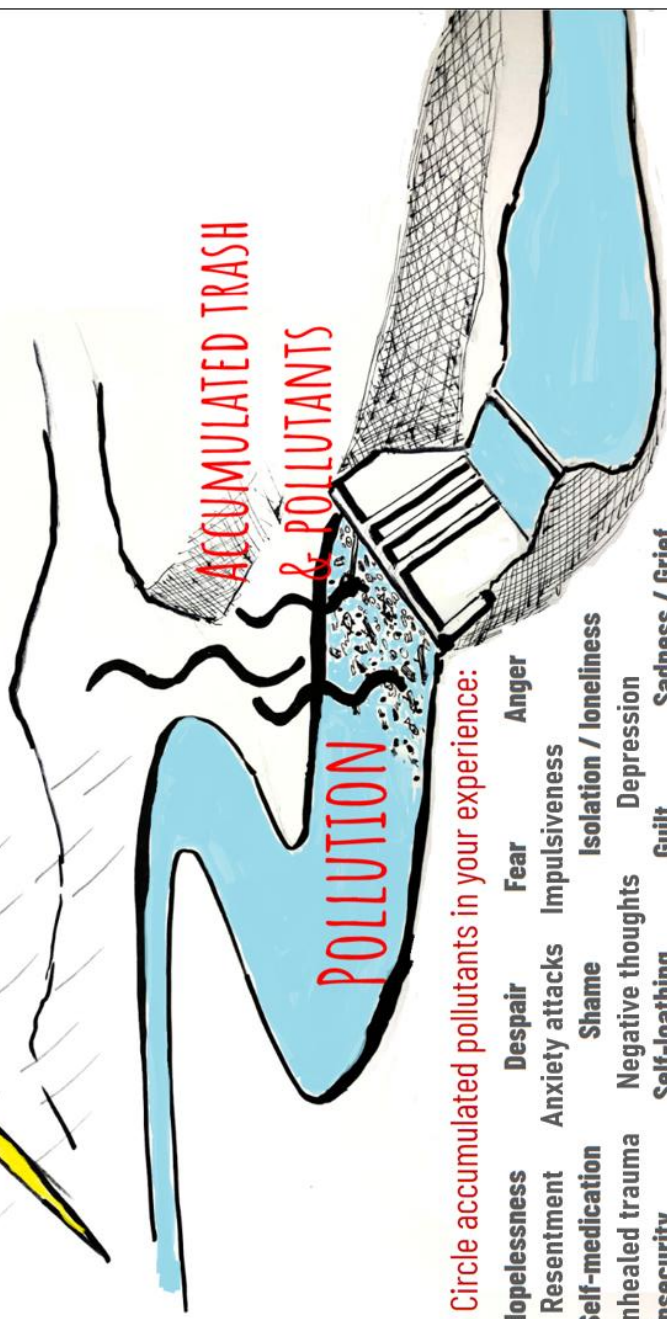
#### Alternative Ways (Skills) to Feel my Feelings & Engage My Thoughts

(\*See if there are any in the "12 Tools")

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# MY DAM

Storms of Life

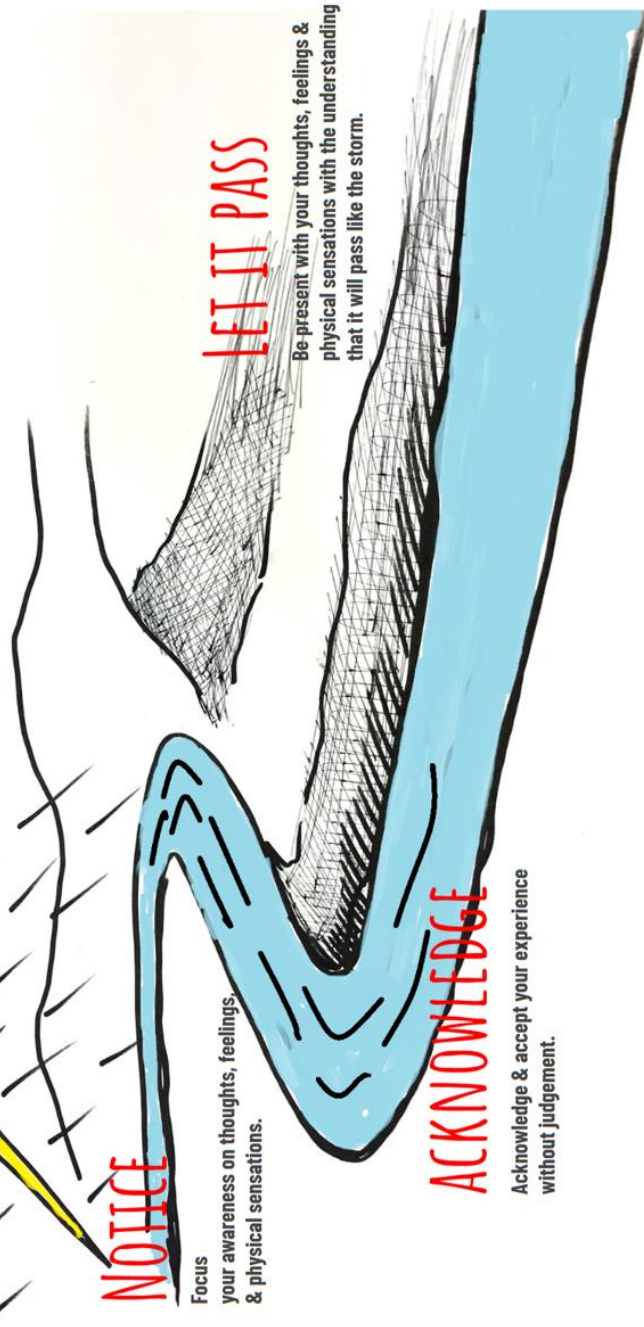


Circle accumulated pollutants in your experience:

Hopelessness    Despair    Fear    Anger  
Resentment    Anxiety attacks    Impulsiveness  
Self-medication    Shame    Isolation / Loneliness  
Unhealed trauma    Negative thoughts    Depression  
Insecurity    Self-loathing    Guilt    Sadness / Grief

# MY FLOW

Storms of Life



**NOTICE**

Focus your awareness on thoughts, feelings, & physical sensations.

**LET IT PASS**

Be present with your thoughts, feelings & physical sensations with the understanding that it will pass like the storm.

**ACKNOWLEDGE**

Acknowledge & accept your experience without judgement.