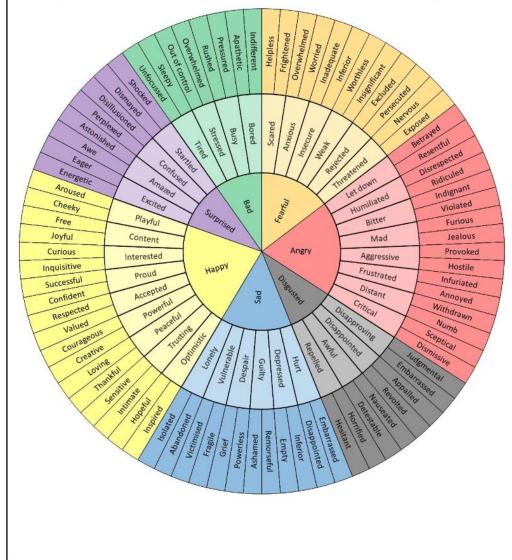
WHICH PART(s) OF THE STORY IS ABOUT YOU?

YOUR VISITORS: What guests have you entertained? Circle feelings in the "Wheel of Emotions" that you are able to identify.



YOUR GHOSTS: Which

visitors are hard to visit with? Below, create a nickname for this "ghost" that you struggle with. (Or you may sketch this character & give it a nickname.)

COPING TOOLS: When you

welcomed "hard-to-deal-with" visitors, what coping tools have you used? Which tools are helpful? Which ones are not? What new coping tool would you like to try? (Next page, pook at the Spiritual Care Plan for possible new coping tools.)

GOOD COPING	TOOLS	HAVE USED:	
0000 001 1110	IOOLO	THE COLD.	

1.	
2.	
3.	

UNHELPFUL COPING TOOLS I HAVE US

1	 	
2	 	
3	 	

ALTERNATIVE	COPING	TOOLS	I CAN TRY:
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1.	 	 	
2.	 	 	

CREATE YOUR SPIRITUAL CARE PLAN Using the list below, brainstorm on selecting possible new coping tools you can try.	Spiritual Treatment Plan 2 Identify your spiritual resources. List what helps you move from: Vulnerability > Resilience	Threefold Path: 3 In/Out/Up Spiritual healing involves nurturing a relationship with yourself, others, and the Divine. Write the practices that support you in each of the areas below.	A CARE PLAN Choose three activities that you will choose three activities that you will
A Toolbox of Spiritual Practices Below is a partial list of practices that may help you cultivate spirituality in your life. Take a look at the list and see what speaks to you. Which of these nourish your spirit? How would you	Helplessness > Agency	Reaching In (Self)	commit to trying for a month.
 incorporate these practices into your life? What would you add to the list? Read sacred and inspirational literature Practice forgiveness of yourself and others 	Despair > Hope		2)
 Listen to or make music Spend time in deep reflection, meditation, or prayer Participate in groups that involve trust and cooperation (example, sports, hobby or interest groups) Observe day of designated for sacred rest – stop doing 	Emptiness > Purpose	Reaching Out (Others)	3) Vocabulary of Spiritual Life
 and enjoy being Engage in dance and other types of physical expression Involve yourself in acts of kindness to others Spend time in nature Appreciate the arts 	Isolation > Communion		The words listed below are words related to a thriving spiritual life. Circle words below that you will likely embody (or receive) if you consistently follow through with your Care Plan above?
 Be creative – painting, knitting, cooking, gardening, fixing things Share your spiritual journey with others Keep a journal Nourish others by serving food Caring for animals 	Resentment > Gratitude	Reaching Up (Higher Power / Wisdom)	 Awe/Wonder Hope Meaning Love Wholeness Purpose Healing Acceptance
 Growing and caring for plants, garden Joining a social movement for the common good (social, environmental justice) Belong to and participate in a faith community Take part in rituals, or symbolic practices that are spiritual 	Sorrow > Joy		 Gratitude Grace Connection Faith Forgiveness Joy Compassion Awareness Peace Harmony Ease /Freedom Rest/Renewal Patience Resilience

***This worksheet is adapted from Elisa Goldberg's "Guide to Leading Spirituality Support Groups in BH