

sample drawing for Parts of a Stressor:

Actual facts
of the outer
part of the
event:



sad thought
angry thought
guilty thought
afraid thought

sadness anger
fear guilt

← feelings
or emotions

draw or write
describe
any physical
sensations
that happen
in your body
when you
recall the
stressor.

note: sad is feeling of something hurt/lost.
angry is directed *outward* blaming someone/^{some} thing.
guilt is directed at ourself/inward. Fear := Future hurt.

Presents of Presence

(qualities of being, gifts from your center)

(updated 1/23/23)

First use the picture to show the parts of a stressor, using any combination of words & pictures. This shows your initial reaction, the point at which you're stuck.

Part 1 represents our stress response or the best we could do to react to the situation but alas, we're still stuck spinning or suffering, that's why we're doing the tool.

This is part/side 2:

Then we do everything we can to get more centered: rest/sleep, hydration, nutrition, movement, breathing, imagination, progressive muscle relaxation, aromatherapy, music/sound, a soft blanket, an object to see, touch, elements of nature, prayer, meditation, anything that feels helpful for you.

Then look at the 1st side/part again and look at it from your deeper/truer/higher calmer more peaceful self (your 'peaceful powerful present permanent part'), your inner being, center, whatever you choose to call it.

The following list is to help with side/part 2: these are qualities of being or "Presents of presence" :)

You can find one or more within yourself (center/being) to help emotions, thoughts, actions, interactions, and/or body reactions.

First bring these presents to your own heart (emotions), then brain (thoughts), then body (health), then to your actions & interactions (what you do & say).

When you're ready turn your paper over and use any combination of words, pictures etc to show how your more centered self is going to respond where your reactive self did the best he or she could.

These are being qualities that we access or activate by first letting go of what we WERE doing, thinking, feeling, saying and how our body was reacting, essentially letting go of the stress to find our inner being that is not stressed, so that we can address the stress from a centered, strong, calmer, wiser part of ourselves.

This is consistent with anatomy since a stressed heart creates a stress brain resulting in a stressed body and stressed behaviors.

Trust the process.

Trust your Self.

Have fun growing, changing, healing, transforming & recovering

acceptance	empowerment	letting go	resetting
accuracy	emptiness	liberty	resilience
affection	energy	life	resourcefulness
alignment	enthusiasm	light	response ability
allowing	equanimity	lightness	responsibility
anchoring	experiencing	love	reviving
answers	faith	majesty	rest
appreciation	flexibility	maturation	restoration
attention	forgiveness	maturity	revelation
authenticity	freedom	meaning	reviving
autonomy	friendliness	mercy	safety
awakening	fulfillment	mindfulness	sanctuary
awareness	fullness	mystery	sanity
awe	fun	neutrality	security
balance	generosity	newness	sensitivity
beauty	gentleness	non-attachment	serenity
being	giving	noticing	service
bliss	glory	observing	silence
calm	grace	oneness	simplicity
centeredness	gratitude	openmindedness	solitude
change	groundedness	order	solutions
cheerfulness	growth	patience	sovereignty
clarity	guidance	peace	spaciousness
collaborativeness	happiness	permanence	spontaneity
comfort	harmony	persistence	stillness
commitment	healing	perseverance	strength
compassion	helpfulness	perspective	surrender
concentration	honesty	playfulness	sympathy
confidence	hope	power	tenderness
connection	humility	purity	tolerance
consciousness	illumination	quiet	tranquility
contemplation	imagination	realizing	transformation
contentment	infinite	realness	trust
cooperativeness	innovation	receiving	truth
courage	insight	recognizing	understanding
creativity	inspiration	recollection	unity
curiosity	integration	recovery	vibrancy
deep/felt knowing	integrity	rejuvenation	vision
detachment	interiority	relaxation	wellbeing
direction	interoception	releasing	wellness
discernment	introspection	relief	willingness
discipline	intuition	remembering	wisdom
dreams	joy	reminding	witnessing
empathy	kindness		