

# Resourcing: Do you prefer interactive or solo strategies?

Anything that calms us down

*RESOURCING Increases our Neuroception of Safety,  
Sets the Stage for Contained Discharge,  
And Calms the Nervous System.*

## Comforting Memories or Images

Safety, Competent Protection (real or imagined) at home or in nature, loved ones, supportive or protective people, pleasant experiences, successful endeavors feeling safe or welcome, relaxing sights, sounds, smells, textures, tastes, or environments

## Social Engagement

Communicate. Verbal and non verbal connection bring our nervous system into resonance with those we are engaged with. If they are resourced, we can "borrow " their resource to settle ourselves down. Babies do this with their care givers. When Mom is upset, baby cries. When Mom is calm, baby settles.

## Curiosity - Exploratory Orienting

Get curious about your present environment. Choose to shift out of fearful expectations and hypervigilance and towards what might be pleasant or interesting. Think like a happy puppy on a walk. This is a good strategy with or without social engagement.

## Pleasant Sensation, Welcome Touch or Grooming

Feel any part of the body that feels strong, relaxed or even just less tight or painful than the rest. Track the breath, receive pleasant massage or hair brushing. Pet a pet or a friend or a loved one. Feel your own skin. Take a bath. Put on lotion. Breathe, move, listen to music that soothes you.

## Grounding

Feel your physical connection to something solid outside yourself: feet on the floor, seat on the chair. Feeling our bodies, and our connection to the ground, in the present, is resourcing when we can do it .

## LANGUAGE OF SENSATION (Levine, Poole Heller, 1997)

Track what you feel in your body. Use words to link the sensate level to the resource of the verbal level.

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Beth Dennison

[www.ClearingTrauma.com](http://www.ClearingTrauma.com)

Gentler

Circle what might work for you.  
Keep this page handy.  
Use it when you are losing it.

Stronger

# Resourcing: Shifting Out of Threat Response

## Shifting Our Attention Can Shift Our Nervous System

Just answer the questions that appeal to you.

- When have you felt most yourself in the past weeks or months?

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- What engages your attention comfortably?

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- What are you curious about? Interested in?

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- When have you felt easy and connected?

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- Who or what makes you laugh?

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- What helps you rest and revitalize?

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- What part of your body feels good to you? Maybe it feels strong, or relaxed or reliable or maybe it is just in less pain than the rest.

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## Do You Prefer Interactive or Solitary Strategies?

Our nervous systems are designed to connect, So, while alone time can be a great resource, we actually need another nervous system to heal deep hurts. But connection does not always feel like a resource.

- What kind of person is comfortable for you to connect with?

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- Who do you feel safe with and when?

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- How do you know when you feel safe with them?

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- How do you know when you do not feel safe with them?

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- What is required for you to feel easy with someone?

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- Some people connect more easily with animals. Pets are a proven resource for people. Name any animals you like spending time with?

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# Resourcing Worksheet 2

## Shifting Our Attention Can Shift Our Nervous System - What are good resources for you?

1. When have you been particularly mellow in the past week or month? (Draw out details.)

What were you doing?

Who were you with?

What do you like about it?

How do you feel talking about it?

As we get more awake in our bodies, we can deepen the resource by including several sensory channels:

What did you see, hear, smell?

What were you wearing?

How did your clothes feel?

What time of day was it? What time of year?

What temperature, textures could you feel?

You can also use these kinds of questions to create an imaginary resource, or retell an experience how it should have been.

2. How do you know when you need to settle yourself?

a) What emotions surface?

b) What sensations arise?

3. What are some of the things you do to settle yourself that are suboptimal?

(We don't try to take these away, we just add other options)

4. What works well for you, individual or interactive resourcing?

a) What are 2 or 3 things you already do to calm yourself down?

b) What is 1 new thing you might try doing to settle your system?

**Comforting Memories or Images**  
**Social Engagement**  
**Curiosity - Exploratory Orienting**

**Pleasant Sensation,**  
**Welcome Touch or Grooming**  
**Grounding, Language of Sensation**

# How Does it Feel To You?

## Six States of the ANS

### Intense and Demanding

Protective  
Defensive  
Closed



### Mellow + Restorative

Resourced  
Responsive  
Open

#### Exercise:

("Describe") means write or talk about those experiences.

A. Where do you like to be?  
*Underline, then describe those states.*

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B. Where do you get stuck?  
*Circle, then describe those states.*

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C. Where don't you go?  
*Star, then describe those states.*

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D. Where are you now?  
*Mark, then describe this state.*

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### 3 Threat Responses

#### 3T - In This Together

Tuned for Communication  
Depending on the "team"  
Codependent, Responsible  
Workaholic, Competitive

#### 2T - Scared, Angry

Alone, Unprotected  
Determined to Survive  
Thinking Can Get Rigid  
Compete for Survival

#### 1T - Numb, Depressed

Depleted, Stuck  
Frozen, Braced  
Hard to Talk or Think  
Hopeless, Helpless, Terrified

### Relaxed Function

#### 3R - Securely Connected,

Cooperative, Creative  
Clear, Big, Inclusive Thinking  
Competent to Take Things On  
Welcome, Supported, Understood

#### 2R - Safe to Express or Explore

Included: Part of the Herd  
Glad, Sad, Loving, Flexible  
Curious, Playful, Intimate  
Appreciative of Life and Others

#### 1R - Safe to Rest

At Ease  
Calm, Meditative  
Collapsed  
Able to Recover