**Comprehensive Self-Care Plan Worksheet Instructions**

Use the following questions to help you engage in a self-reflective process and develop your comprehensive self-care plan. Be specific and include strategies that are accessible, acceptable, and appropriate to your unique circumstances. Remember to evaluate and revise your plan regularly.

**Physical**

* What are non-chemical things that help my body relax?
* What supports my body to be healthy?

**Psychological/Mental**

* What helps my mind relax?
* What helps me see a bigger perspective?
* What helps me break down big tasks into smaller steps?
* What helps me counteract negative self-talk?
* What helps me challenge negative beliefs?
* What helps me build my theoretical understanding of trauma and addictions?
* What helps me enhance my counseling/helping skills in working with traumatized clients?
* What helps me become more self-reflective?

**Emotional/Relational**

* What helps me feel grounded and able to tolerate strong feelings?
* What helps me express my feelings in a healthy way?
* Who helps me cope in positive ways and how do they help?
* What helps me feel connected to others?
* Who are at least three people I feel safe talking with about my reactions/feelings about clients? How can I connect with those people on a regular basis?

**Spiritual**

* What helps me find meaning in life?
* What helps me feel hopeful?
* What sustains me during difficult times?
* What connects me to something greater?

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