MASTER LIST OF HUMAN ISSUES

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## 

## 

## **Anxiety and Stress**

* Generalized Anxiety Disorder
* Phobia
* Social Anxiety
* OCD
* Work Stress
* Burnout
* Life Stress

## **Mood Issues**

* Depression (Mild to Moderate)
* Seasonal Affective Changes
* Mood Swings
* Irritability
* Emotional Flatness / Disconnection
* Shame / Self-Loathing
* Hopelessness / Lack of Purpose

## **Relationship Challenges**

* Communication Breakdown/Issues
* Conflict Avoidance
* Codependency / Overfunctioning
* Emotional Reactivity
* Fear of Vulnerability / Intimacy
* Insecure Attachment Patterns
* Avoidant Attachment Patterns
* Navigating Breakups / Separation
* Family Issues
* Boundary Issues
* Grief Around Family Dynamics
* Repair and Reconnection
* Differentiation Struggles
* Generational Trauma/Struggles
* Emotional Enmeshment
* Relationship struggles

## **PTSD and Trauma**

* Hypervigilance
* Flashbacks or Intrusive Memories
* Dissociation / Disconnection
* Emotional Flooding / Overwhelm
* Shame / Toxic Self-Blame
* Trust Repair & Relational Safety
* Trauma Narrative Integration

## **Life Transitions**

* Identity Shifts (e.g., new roles)
* Career or Purpose Uncertainty
* Endings and New Beginnings
* Relocation or Environment Changes
* Aging or Stage-of-Life Questions
* Spiritual or Existential Crisis
* Life After Healing or Recovery

## **Self-Esteem and Identity Work**

* Inner Critic / Negative Self-Talk
* Lack of Confidence or Self-Worth
* Impostor Syndrome
* Unclear or Shifting Identity
* Over-Identification with Roles
* Shame Around Authentic Expression
* Reclaiming Rejected Parts of Self

## **Behavioral or Habit Change**

* Difficulty Starting or Following Through
* Inconsistent Motivation
* Inner Resistance or Self-Sabotage
* All-or-Nothing Thinking
* Building New Habits or Routines
* Breaking Unconscious Patterns
* Aligning Action with Intention

## **Chronic Illness and Health Issues**

* Identity Loss or Role Change
* Medical Trauma or Body Distrust
* Fluctuating Capacity / Energy
* Navigating Uncertainty
* Emotional Exhaustion / Hopelessness
* Isolation or Disconnection
* Building a Supportive Inner Environment

## **Coping Skills**

* Emotional Overwhelm
* Rumination or Mental Loops
* Avoidance / Numbing
* Self-Soothing Skills
* Building Tolerance for Difficult Emotions
* Coping in Crisis or Activation
* Coping Without Over-Control

## **ADHD**

* Difficulty with Focus or Follow-Through
* Task Initiation Challenges
* Emotional Dysregulation
* Time Blindness or Planning Struggles
* Negative Self-Image from Misdiagnosis
* Creative but Chaotic Thinking
* Building Sustainable Routines

## **Body Image**

* Body Shame or Self-Loathing
* Disconnection from the Body
* Comparison or Envy
* Disordered Eating Recovery Support
* Gender, Identity, and Body Image
* Navigating Body Changes (illness, aging)
* Rebuilding a Compassionate Relationship

## **Anger**

* Repressed or Avoided Anger
* Explosive or Reactive Anger
* Shame About Anger
* Anger in Relationships
* Chronic Irritability or Resentment
* Grief-Related Anger
* Turning Anger into Advocacy or Action

## **Spiritual Issues**

* Spiritual Disconnection or Numbness
* Deconstruction or Belief Shifts
* Spiritual Emergence or Awakening
* Existential Anxiety or Emptiness
* Sacred Rage or Disillusionment
* Guilt, Sin, or Purity Wounds
* Sacred Integration or Alignment

## **Lack of Social Connection**

* Loneliness or Emotional Isolation
* Difficulty Building or Maintaining Bonds
* Fear of Vulnerability or Reaching Out
* Feeling Invisible or Unseen
* Lack of Support or Community
* Over-Reliance on Internal World

## **Lack of Motivation**

* General Apathy or Flatness
* Emotional Resistance to Action
* Disconnection from Purpose or Meaning
* Overthinking or Analysis Paralysis
* Inconsistent Energy or Follow-Through
* Lack of Internal Reward / Boredom
* Rebuilding After Setback or Disappointment

## **Decision Making**

* Indecision or Paralysis
* Fear of Making the Wrong Choice
* Conflict Between Head and Heart
* Making Choices After Trauma
* Conflicting Parts or Desires
* Wanting External Validation Before Acting
* Aligning with Long-Term Vision

## **Adjustment Disorders**

* Emotional Overwhelm After Life Change
* Identity Confusion or Role Loss
* Situational Anxiety or Irritability
* Grief and Resistance to Change
* Loss of Control or Direction
* Shame or Guilt About Struggling
* Moving From Survival to Stabilization

## **Personal Growth and Development**

* Lack of Clarity on Growth Direction
* Plateaued Growth or Feeling Stagnant
* Resistance to Evolving Identity
* Fear of Change or Success
* Desire for Deepened Self-Awareness
* Wanting to Cultivate New Capacities
* Staying Grounded While Growing

## **Exploration of Thoughts, Values, Feelings, and Behaviors**

* Disconnection Between Inner and Outer Self
* Unclear Values or Motivators
* Overthinking or Mental Spinning
* Difficulty Identifying Emotions
* Misalignment Between Action and Intention
* Inconsistent Behavior Patterns
* Deepening Self-Awareness

## **Emotional Reactivity**

* Reacting Before Thinking
* Feeling Hijacked by Emotions
* Replaying Emotional Events
* Shame or Guilt About Reactivity
* Conflict Escalation Patterns
* Emotional Intensity in the Body
* Learning to Respond Rather Than React

## **Shame and Guilt**

* Chronic Shame or Low Self-Worth
* Guilt Over Past Actions
* Shame from Identity or Social Conditioning
* Body-Based or Somatic Shame
* Shame After Emotional Reactivity
* Perfectionism and Shame Avoidance
* Internalized Guilt Without Clarity

## **Exploration of Childhood**

* Unmet Needs or Childhood Wounds
* Internalized Messages from Caregivers
* Loss of Joy or Playfulness
* Shame or Invisibility in Childhood
* Reclaiming Lost Aspects of Self
* Positive Anchors from Childhood
* Making Peace with the Past

Issues to add:

Nervous system dysregulation

Divorce/breakup

Parenting

Grief

Shadow work

Default Mode Network

* Jungian Psychology
* Conscious Evolution
* Psycho-Spiritual Integration
* Trauma-Informed Awareness
* Nonviolent Communication (NVC)
* Attachment/Stories
* Enneagram
* Indigenous & Ecological Wisdom (relational epistemology, ecological intelligence)
* Influential authors organized by topic (Trauma, Myth, Ecology, Psychology, Divine Masculine/Feminine).

Detailed Master List of Human Issues

**Anxiety and Stress**

| **Issue** | **Tool / Practice** | **User Presentation** |
| --- | --- | --- |
| Generalized Anxiety Disorder | Somatic and nervous system regulation tools, Cognitive behavioral tools, Grounding tools, Parts work | Constant, excessive worry about multiple aspects of life (health, work, relationships, future), difficulty controlling worry; feeling overwhelmed by anxious thoughts, restlessness, irritability, or persistent feelings of dread, difficulty concentrating or mind going blank, avoidance of situations that might trigger anxiety, seeking excessive reassurance from others, difficulty making decisions due to anxiety about outcomes, over-preparation or perfectionism driven by worry about mistakes or failure, struggles with work or daily tasks, becoming easily overwhelmed by typical stressors, physical symptoms such as blushing, sweating, trembling, rapid heartbeat |
| Phobia | Grounding, Somatic and nervous system regulation tools | Intense and irrational fear of a specific object, situation, or activity |
| Social Anxiety | Somatic and nervous system regulation, Self compassion work, Parts Work for Social Self, Authenticity challenge | Excessive fear of being judged or negatively evaluated by others, avoidance of social situations or performance activities, physical symptoms such as blushing, sweating, trembling, rapid heartbeat in social situations, difficulty making eye contact or speaking clearly, overly self-conscious or hyper-aware of perceived social mistakes, persistent worry before and after social interactions, ruminating about past social interactions, sensitivity to rejection or criticism, reluctance to participate or speak up, even when desired, over-reliance on familiar people or settings for comfort, difficulty initiating or maintaining conversations |
| OCD | Thought Reframing, Anchoring, Parts Dialogue | Recurrent, intrusive thoughts or images causing distress (obsessions), ritualistic behaviors or mental acts performed repeatedly (compulsions), significant anxiety if compulsions aren’t performed, excessive checking, cleaning, counting, or ordering behaviors, persistent worry about contamination or germs, fear of harming oneself or others unintentionally, excessive need for symmetry or exactness |
| Work Stress | Somatic and nervous system regulation Boundary Mapping, Values Clarification/check in, 5-Minute Reset Practice | Chronic tension or anxiety related to job responsibilities, difficulty setting boundaries with workload or availability, trouble sleeping due to racing thoughts about work, irritability or emotional exhaustion after the workday, feelings of overwhelm, burnout, or dread about work, overcommitment or perfectionism leading to fatigue, difficulty focusing or making decisions at work, conflict with coworkers or supervisors, loss of motivation or passion for the job, feelings of inadequacy or fear of failure in professional roles |
| Burnout | Self-Care Inventory, Nervous System Reset, Permission to Rest, Values inventory | Persistent physical and emotional exhaustion, cynicism, irritability, or detachment from work or relationships, feeling numb, unmotivated, or disconnected, sense of dread about responsibilities or obligations, difficulty concentrating or making decisions, decreased performance despite effort, neglect of self-care or personal needs, feeling unappreciated, overextended, or resentful, sleep disturbances or fatigue that rest doesn’t relieve, loss of joy or meaning in activities once enjoyed |
| Life Stress | Red-Yellow-Green Check-In, Somatic tools, Prioritization Grid, Values anchoring, Utilizing the energy of stress tools | Feeling overwhelmed or unable to manage daily tasks, frequent worry or racing thoughts, emotional reactivity or mood swings, difficulty sleeping or changes in appetite, fatigue or low energy, trouble concentrating or feeling scattered, withdrawal from social interactions, increased irritability or impatience, physical symptoms like headaches or muscle tension, struggles with prioritizing or decision-making, expressing “everything feels like too much” or “I can’t keep up” |

**Mood Issues**

| **Issue** | **Tool / Practice** | **User Presentation/Use this tool when the user:** |
| --- | --- | --- |
| Depression (Mild to Moderate) | What are you feeling?/Feeling check in tool, Somatic and nervous system tools, Cognitive tools, Parts Work, Tiny Wins Journal, Self-Compassion Break, The Not Grateful tool, What Went Well tool, Awe/Wonder/Gratitude/Soul Glimmers journal, Values Anchoring | Depressed mood, negative thoughts, negative self-talk, low energy, sadness, emptiness, tearfulness, loss of interest or pleasure, shame, guilt, self-criticism, hopelessness, pessimism, feelings of worthlessness, self-neglect, lack of meaning, social withdrawal, lack of motivation, lack of purpose, disconnection, isolation |
| Seasonal Affective Changes | Self-care, Values Anchoring | Clients sensitive to environment/cycles |
| Mood Swings | Mood tracking, Somatic tools, Parts Work tools, NVC | Emotionally reactive or dysregulated |
| Irritability | “Pause Before Reacting” Anchor, Breath and Body Check-In, Somatic tools, Parts work tools, NVC | Easily frustrated or agitated by minor issues, quick to anger or snap at others, restlessness or inability to relax, low tolerance for noise, interruptions, or demands, impatient or reactive in conversations, describes feeling “on edge” or overstimulated, may experience physical tension (e.g., clenched jaw, tight shoulders), difficulty focusing or feeling mentally crowded, guilt or shame after reactive episodes |
| Emotional Flatness / Disconnection | Value Clarification, Grief Mapping, Shadow Stories Reflection, Somatic tools, Parts work tools, | Numbness, grief, disconnection from emotions, disconnection from self, disconnection from others |
| Shame / Self-Loathing | Inner Critic Reframe, Shadow work tools, Parts work tools, Self-compassion tools, Curiosity over Judgment tool | Low self-worth, shame, self-hatred, self-loathing, wants to learn to love themselves, feels guilt for past behavior, has trouble being vulnerable |
| Hopelessness / Lack of Purpose | Future-Self Visualization/journaling, Meaning Mapping, Values-Based Goal Setting, Values Clarification | Expresses belief that things will never get better, lacks motivation or energy to plan for the future, withdraws from activities, relationships, or responsibilities, appears disengaged, flat, or emotionally shut down, describes a sense of futility or meaninglessness, has difficulty identifying goals or desires, shows signs of depression or deep fatigue, talks about feeling stuck, lost, defeated, purposeless, hopeless, may express passive thoughts of not wanting to be here (without active suicidal intent), struggles to see purpose in daily life or healing efforts |

**Relationship Challenges**

| **Issue** | **Tool / Practice** | **Client Type/Presentation** |
| --- | --- | --- |
| Communication Breakdown | NVC Basics, Two-Windows of Compassion, Listening Pairs, Truth without Blame Script | Defensiveness, fear of vulnerability, resentment, trust erosion, lack of effective communication strategies, explosiveness, mixed signals, poor timing of communication, different communication styles, conflict avoidance, power conflicts, arguing, |
| Conflict Avoidance | Empowerment Dynamic, Boundary Practice, Parts Work with Inner Peacemaker, Truth Without Blame Script, Conflict-Avoidance Curiosity Questions, Role Reversal Journaling | People-pleasers, those with fear of rejection, fear of vulnerability, |
| Codependency / Overfunctioning | Drama Triangle tools, Rescuer to Coach Questions, Self-Validation Exercises, What’s Mine, What’s Theirs” Clarity Map, Boundaries Rehearsal, Parts Based Reflection | Caretakers or fixers, empathic or enmeshed clients, people pleasers |
| Emotional Reactivity | “Pause Before Reacting” Anchor, Trigger Tracking, Somatic Regulation Practices | Reactive clients, trauma survivors |
| Fear of Vulnerability / Intimacy | Inner Child Dialogue, Needs Inventory (NVC), Protective Parts Mapping, Body First Tool | Users in early recovery or attachment work, anyone who says they are trying to be more vulnerable with others, users who want to deepen intimacy with others. |
| Navigating Breakups / Separation    Family issues      Boundary issues      Grief around family dynamics      Repair and reconnection        Differentiation struggles        Generational trauma/struggles      Emotional Enmeshment  Sexual Issues  Relationship Struggles | Grief & Release Rituals, Value Sorting, Self-Soothing Practices      Listen to Learn Practice, NVC,   |  | | --- |     Boundary Mapping, “What’s Mine / What’s Theirs” Exercise, Parts Work with Guilt   | Mourning What Wasn’t Journal, Ritual for Closure, Parts Work for Inner Parent, “What Was Missing?” Inquiry | | --- | | Compassionate Repair Scripts, Apology Practice, Repair Stage Conflict Tool, NVC |  |  | | --- |   Self-Definition Journal, “My Truth / Their Expectation” Mapping, Values Clarification, Authenticity Over Connection Tool  Genogram Reflection, Intergenerational Parts Dialogue, Legacy Belief Unpacking  Emotional Fusion Map, “What Am I Feeling That’s Not Mine?” Inquiry, Boundary tools, Empowerment Dynamic tool | Users who are experiencing the end of a relationship    Users who are struggling with family dynamic issues    Users feeling resentful, drained, or overly responsible. Users in drama triangles, feeling like victim, rescuer, or the bad guy. Users with boundary issues, users in relationship with others who have boundary issues    Users grieving loss of connection or unmet family needs    Users seeking healing or reconnection or wanting to learn how to repair conflict with loved ones    Users stuck between loyalty and authenticity, Feeling like there is a choice between connection and authenticity, Self-abandonment    Users exploring ancestral wounds or repeating patterns    Overidentification with others, people pleasing, guilt, caretaker, fixer, fear of conflict, difficulty setting boundaries, unclear sense of self, self worth tied to others, loss of personal goals, low tolerance for others’ discomfort, resentment, family history of poor boundaries, controlling relationship, dependent relationship, parentification as a child  Low libido, high libido, lack of sexual intimacy, paraphilias, other sexual dysfunctions |

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**PTSD and Trauma**

| **Issue** | **Tool / Practice** | **Client Type/Presentation** |
| --- | --- | --- |
| Hypervigilance | Red/Yellow/Green, Body scanning practice, RAIN meditation, grounding activities, The Calm Compass, Nervous System Mapping, Somatic Regulation Flow, Breathwork Regulation Flow, Core Somatic Tools, Personal Resource Mapping, Nervous System Regulation, Anchoring | Users with complex trauma, PTSD, startle response, users who have difficulty relaxing, sleep issues, chronic tension, anxiety, edginess, users who are waiting for something bad to happen, users who catastrophize, overanalysis, overly sensitive to the tone and words of others, |
| Flashbacks or Intrusive Memories | Safe Place Visualization, Anchoring Exercise, Parts Work with Protector Parts, Red/Yellow/Green, Body scanning practice, RAIN meditation, grounding activities, The Calm Compass, Nervous System Mapping, Somatic Regulation Flow, Breathwork Regulation Flow, Core Somatic Tools, Personal Resource Mapping, Nervous System Regulation, Anchoring | PTSD or trauma, difficult psychedelic journeys |
| Dissociation / Disconnection | Red/Yellow/Green, Body scanning practice, RAIN meditation, grounding activities, The Calm Compass, Nervous System Mapping, Somatic Regulation Flow, Breathwork Regulation Flow, Core Somatic Tools, Personal Resource Mapping, Nervous System Regulation, Anchoring, Connecting with Self | Users who freeze, disconnect from self or others, or dissociate. |
| Emotional Flooding / Overwhelm | Red/Yellow/Green, Body scanning practice, RAIN meditation, grounding activities, The Calm Compass, Nervous System Mapping, Somatic Regulation Flow, Breathwork Regulation Flow, Core Somatic Tools, Personal Resource Mapping, Nervous System Regulation, Anchoring | Trauma survivors, emotionally reactive users, users who report feeling shame |
| Shame / Toxic Self-Blame | Self-Compassion Break, Inner Critic Reframe, Compassionate Witness Practice, Radical Self-Forgiveness, Connecting with Self | CPTSD, developmental trauma clients, self-loathing, self-criticism, low self-worth, low self-esteem, overcompensation, overresponsible for emotions of others, self-sabotage, addiction, fear of failure |

**Life Transitions**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Identity Shifts (e.g., new roles) | Values Exploration, Future-Self Visualization, “Who Am I Becoming?” Journal, Micro-Choice Mapping, Embodied State Practice, From Narrative to Identity Practice, | Users in transition (parenthood, leadership, healing) |
| Career or Purpose Uncertainty | Meaning Mapping, Personal Compass Exercise, Values Exploration | Users who are dissatisfied with their job/career, users who are considering a career change, users lacking a sense of purpose. |
| Endings and New Beginnings | Grief & Closure Rituals, Threshold Ceremony, Letting Go Letter | Clients navigating loss, change, or new chapters |
| Relocation or Environment Changes | Anchor Creation, Home-as-Mirror Reflection, Place-Based Grounding | Users moving or adjusting to new environments |
| Aging or Stage-of-Life Questions | Legacy Mapping, Values Recommitment, “What Still Matters?” Inquiry, “Unfinished Business” Completion Exercise | Midlife or later-life users, empty nesters, users who are transitioning to a new phase of life (e.g., adulthood, parenthood, retirement) |
| Spiritual or Existential Crisis | Values Exploration, The Big Questions Journal “Meaning Map”, ExerciseViktor Frankl’s Three Paths to Meaning, Connecting with Self, Glimmers Practice, Awe and Gratitude Journal | Spiritual explorers, deconstruction/reconstruction phases, users who are experiencing a loss of meaning in life/existential crisis |
| Life After Healing or Recovery | Anchors, Values Exploration, Meet Your Inner Healer, The “Not Grateful” Practice, Connecting with Self, Awe and Gratitude Journal | Users exiting therapy, rehab, or major transformation |

**Self-Esteem and Identity Work**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Inner Critic / Negative Self-Talk | Inner Critic to Inner Coach Dialogue, Curiosity Over Judgment, Connecting with Self, Name & Personify the Inner Critic, Thought Investigation (Is It True? Byron Katie inquiry), The Critic’s Origin Story, Inner Critic Role Reversal, Self Compassion Exercise, Inner Ally/Coach/Mentor Exercise, What Type of Inner Critic?, Parts Work Exercises | Perfectionists, shame-prone users, self-criticism, negative self-talk |
| Lack of Confidence or Self-Worth | Strengths Spotting & Success Reminders, Self-Worth Beyond Achievement, Mirror of Appreciation, Inner Ally Visualization, Connecting with Self, Acts of Self-Value | Users who feel unworthy or lack confidence |
| Impostor Syndrome | Evidence Over Emotion Exercise, “Inner Critic” → “Inner Coach” Dialogue, The “I Belong Because…” List, Redefining Success & Competence, Imposter Exposure Experiment | High-achievers, creatives, sensitive professionals, users who indicate that they don’t feel good enough or that they have imposter syndrome |
| Unclear or Shifting Identity | The “Who Am I?” Freewrite, Core Values Rediscovery, “Parts of Me” Mapping, Experimentation Lab | Users in transition, coming of age, or reinvention, psychedelic journeys that lead to questions of “Who Am I?” |
| Over-Identification with Roles | Role Inventory & Role-Free Self, Who Am I Really?, Identity Pie, Joy & Flow Outside the Roles, Role-Shedding Visualization, Connecting With Self | Caretakers, performers, or burned-out user |
| Shame Around Authentic Expression | Trading Authenticity for Validation Exercise, Shame Voice → Truth Voice Dialogue, Shame Deconstruction Map, Micro-Actions of Realness, The “If I Were Fully Me” Vision | Users silenced by culture, trauma, or upbringing, users who feel reluctant to express who they really are, users who feel like there is something wrong about who they are, users who hold back being themselves, users who fear being judged if they showed people who they really are |
| Reclaiming Rejected Parts of Self | Connecting with Self, Parts Work Exercises, Inner Healer, | Users who are working on self-acceptance, curious about exploring their shadow, interested in getting to know different parts of themselves, feeling unable to fully express who they are, or wondering why they think and act the way they do. |

**Behavioral or Habit Change**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Difficulty Starting or Following Through |  | Procrastinators, overwhelmed clients |
| Inconsistent Motivation |  | Creatives, ADHD clients, clients with shifting energy |
| Inner Resistance or Self-Sabotage |  | Clients with trauma, protectors, or perfectionism |
| All-or-Nothing Thinking |  | Burnout-prone, black-and-white thinkers |
| Building New Habits or Routines |  | Clients establishing structure or change |
| Breaking Unconscious Patterns |  | Clients with repeated cycles or reactive habits |
| Aligning Action with Intention |  | Growth-oriented or stuck clients |

**Chronic Illness and Health Issues**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Identity Loss or Role Change |  | Clients adjusting to diagnosis or long-term illness |
| Medical Trauma or Body Distrust |  | Clients with invasive procedures, mistrust in care |
| Fluctuating Capacity / Energy |  | Clients with invisible illness or chronic fatigue |
| Navigating Uncertainty |  | Clients with unpredictable symptoms or prognosis |
| Emotional Exhaustion / Hopelessness |  | Clients facing burnout or despair in healing |
| Isolation or Disconnection |  | Clients experiencing social withdrawal or stigma |
| Building a Supportive Inner Environment |  | Clients managing long-term healing or flare cycles |

**Coping Skills**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Emotional Overwhelm |  | Clients with anxiety, trauma, or high sensitivity |
| Rumination or Mental Loops |  | Overthinkers, anxious clients |
| Avoidance / Numbing |  | Clients stuck in freeze or disconnection |
| Self-Soothing Skills |  | Clients with abandonment wounds or dysregulation |
| Building Tolerance for Difficult Emotions |  | Clients learning to regulate without bypassing |
| Coping in Crisis or Activation |  | Clients in early recovery, trauma response, or crisis |
| Coping Without Over-Control |  | Clients with perfectionism, OCD, or fear-based control |

**ADHD**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Difficulty with Focus or Follow-Through |  | Clients with inattentive or combined ADHD types |
| Task Initiation Challenges |  | ADHD clients with avoidance, overwhelm, or fear |
| Emotional Dysregulation |  | Clients with rejection sensitivity or quick shifts |
| Time Blindness or Planning Struggles |  | Clients who struggle with executive functioning |
| Negative Self-Image from Misdiagnosis |  | Late-diagnosed or internalized shame clients |
| Creative but Chaotic Thinking |  | ADHD creatives, multipotentialites |
| Building Sustainable Routines |  | Clients seeking rhythm without rigidity |

**Body Image**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Body Shame or Self-Loathing |  | Clients with internalized judgment or low self-worth |
| Disconnection from the Body |  | Clients with trauma history or dissociation |
| Comparison or Envy |  | Clients struggling with appearance-based comparison |
| Disordered Eating Recovery Support |  | Clients in or post recovery from eating disorders |
| Gender, Identity, and Body Image |  | Trans, nonbinary, and gender-questioning clients |
| Navigating Body Changes (illness, aging) |  | Clients experiencing menopause, chronic illness, or body grief |
| Rebuilding a Compassionate Relationship |  | Clients rebuilding safety, trust, and connection |

**Anger**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Repressed or Avoided Anger |  | Clients raised to fear anger or seek harmony |
| Explosive or Reactive Anger |  | Clients with trauma reactivity, Persecutor roles |
| Shame About Anger |  | Clients conditioned to feel guilt for strong feelings |
| Anger in Relationships |  | Clients navigating conflict, caretakers, codependents |
| Chronic Irritability or Resentment |  | Burned out, overgiving, or enmeshed clients |
| Grief-Related Anger |  | Clients post-loss, betrayal, or identity rupture |
| Turning Anger into Advocacy or Action |  | Activists, seekers of justice, disempowered clients |

**Spiritual Issues**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Spiritual Disconnection or Numbness |  | Clients feeling spiritually dry, disconnected, or lost |
| Deconstruction or Belief Shifts |  | Clients leaving religion, questioning belief systems |
| Spiritual Emergence or Awakening |  | Psychedelic journeyers, mystics, newly awakened clients |
| Existential Anxiety or Emptiness |  | Clients in transition or crisis of meaning |
| Sacred Rage or Disillusionment |  | Clients hurt by spiritual institutions or leaders |
| Guilt, Sin, or Purity Wounds |  | Clients recovering from religious trauma or moral shame |
| Sacred Integration or Alignment    Spiritual Emergency |  | Clients cultivating a personal, evolving spirituality |

**Lack of Social Connection**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Loneliness or Emotional Isolation |  | Clients in solitude, grief, or after relocation |
| Difficulty Building or Maintaining Bonds |  | Socially anxious or guarded clients |
| Fear of Vulnerability or Reaching Out |  | Clients with rejection wounds or attachment trauma |
| Feeling Invisible or Unseen |  | Clients with identity-based marginalization |
| Lack of Support or Community |  | Clients seeking depth, authenticity, or aligned spaces |
| Over-Reliance on Internal World |  | Highly independent or protectively withdrawn clients |

**Lack of Motivation**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| General Apathy or Flatness |  | Clients in low-energy or post-burnout phases |
| Emotional Resistance to Action |  | Clients overwhelmed by shame, perfectionism, or fear |
| Disconnection from Purpose or Meaning |  | Clients questioning career, identity, or direction |
| Overthinking or Analysis Paralysis |  | Clients stuck in indecision or fear of failure |
| Inconsistent Energy or Follow-Through |  | ADHD, neurodivergent, or cyclical energy clients |
| Lack of Internal Reward / Boredom |  | Creative, novelty-seeking, or easily disengaged clients |
| Rebuilding After Setback or Disappointment |  | Clients recovering from loss, failure, or transition |

**Decision Making**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Indecision or Paralysis |  | Overthinkers, anxious or trauma-informed clients |
| Fear of Making the Wrong Choice |  | Perfectionists, high-stakes thinkers |
| Conflict Between Head and Heart |  | Clients who struggle to trust intuition |
| Making Choices After Trauma |  | Trauma-informed or recently destabilized clients |
| Conflicting Parts or Desires |  | Clients with internal conflict or identity shifts |
| Wanting External Validation Before Acting |  | People-pleasers, validation-seekers, codependents |
| Aligning with Long-Term Vision |  | Clients building something meaningful or sustainable |

**Adjustment Disorders**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Emotional Overwhelm After Life Change |  | Clients facing breakups, job loss, moves, or transitions |
| Identity Confusion or Role Loss |  | Clients post-divorce, retirement, or caregiving shifts |
| Situational Anxiety or Irritability |  | Clients new to stressors like parenting or relocation |
| Grief and Resistance to Change |  | Clients struggling to accept new circumstances |
| Loss of Control or Direction |  | Clients destabilized by illness, job change, or global events |
| Shame or Guilt About Struggling |  | Clients who minimize their own distress or feel broken |
| Moving From Survival to Stabilization |  | Clients post-crisis, trauma, or disorientation |

**Personal Growth and Development**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Lack of Clarity on Growth Direction |  | Clients seeking purpose, new chapter, or redirection |
| Plateaued Growth or Feeling Stagnant |  | High-achievers, seekers, creatives |
| Resistance to Evolving Identity |  | Clients moving through big inner shifts |
| Fear of Change or Success |  | Clients ready to grow but unconsciously resisting |
| Desire for Deepened Self-Awareness |  | Clients on inner work journeys or integration paths |
| Wanting to Cultivate New Capacities |  | Clients focused on leadership, creativity, or healing |
| Staying Grounded While Growing |  | Clients expanding in career, spirituality, or recovery |

**Exploration of Thoughts, Values, Feelings, and Behaviors**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Disconnection Between Inner and Outer Self |  | Clients in self-discovery or integration phases |
| Unclear Values or Motivators |  | Clients seeking clarity, direction, or purpose |
| Overthinking or Mental Spinning |  | Overthinkers, anxious clients, highly cognitive types |
| Difficulty Identifying Emotions |  | Clients new to somatic or emotional work |
| Misalignment Between Action and Intention |  | Clients with guilt, shame, or confusion around decisions |
| Inconsistent Behavior Patterns |  | Clients trying to build alignment and consistency |
| Deepening Self-Awareness |  | Clients doing coaching, integration, or leadership work |

**Emotional Reactivity**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Reacting Before Thinking |  | Clients with short fuse, trauma response, or impulse |
| Feeling Hijacked by Emotions |  | Clients in trauma recovery or with big emotional swings |
| Replaying Emotional Events |  | Clients who ruminate or feel shame after reacting |
| Shame or Guilt About Reactivity |  | Sensitive clients, perfectionists, inner critics |
| Conflict Escalation Patterns |  | Clients in relationship conflict or repeated blowups |
| Emotional Intensity in the Body |  | Clients with somatic/emotion overload (rage, grief) |
| Learning to Respond Rather Than React |  | Clients building self-regulation and emotional maturity |

**Shame and Guilt**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Chronic Shame or Low Self-Worth |  | Clients with developmental trauma or inner judgment |
| Guilt Over Past Actions |  | Clients in recovery, transition, or growth after harm |
| Shame from Identity or Social Conditioning |  | Clients healing from religion, culture, or gender-based shame |
| Body-Based or Somatic Shame |  | Clients with body image, trauma, or sexuality-related shame |
| Shame After Emotional Reactivity |  | Clients learning emotional regulation or repair skills |
| Perfectionism and Shame Avoidance |  | High-achievers, people-pleasers, inner critics |
| Internalized Guilt Without Clarity |  | Clients stuck in vague blame or emotional fog |

**Exploration of Childhood Patterns**

| **Issue** | **Tool / Practice** | **Client Type** |
| --- | --- | --- |
| Unmet Needs or Childhood Wounds |  | Clients exploring attachment, trauma, or family dynamics |
| Internalized Messages from Caregivers |  | Clients with critical inner voices or inherited beliefs |
| Loss of Joy or Playfulness |  | Clients rebuilding pleasure, play, or identity post-healing |
| Shame or Invisibility in Childhood |  | Clients who felt ignored, silenced, or minimized |
| Reclaiming Lost Aspects of Self |  | Clients in identity work, healing from suppression |
| Positive Anchors from Childhood |  | Clients needing grounding or a sense of inner safety |
| Making Peace with the Past |  | Clients seeking resolution, forgiveness, or perspective |

Other issues that users might have:

Depersonalization

Derealization

Spiritual Emergency

Somatic Complaints

Core tools:

Somatic and nervous system regulation tools

Values clarification exercises

Self-care tools

Source Material

**Source Material**

**Anxiety and Stress**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** | **Notes/Domain** |
| --- | --- | --- | --- | --- | --- |
| Acceptance and Commitment Therapy: The Process and Practice of Mindful Change | Hayes, Stroshal, Wilson | Generalized anxiety disorder, panic attacks, anxiety | When user says that they are experiencing anxiety or fear or that they worry a lot. | https://a.co/d/i0ulkpC | Mind |
| Acceptance and Commitment Therapy for Anxiety Disorders | Eifert, Forsyth, Hayes | Generalized anxiety disorder, panic attacks, anxiety | When user says that they are experiencing anxiety or fear or that they worry a lot. | https://a.co/d/2T6l4UB | Mind |
| Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind | Judson Brewer | Generalized anxiety disorder, panic attacks, anxiety | When user says that they are experiencing anxiety or fear or that they worry a lot. | https://a.co/d/dl3nPnZ | Mind |
| When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life | David Burns | Panic attacks | When user says that they are having panic attacks, anxiety attacks, episodes of intense fear or anxiety | https://a.co/d/id9Anlm | Mind |
| Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear, and Worry | Jennifer Shannon | Generalized anxiety disorder, panic attacks, anxiety | When user says that they are experiencing anxiety, fear, or overthinking | https://a.co/d/0SKXR45 | Mind |
| Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry | Catherine Pittman | Generalized anxiety disorder, panic attacks, anxiety | When user says that they are experiencing anxiety, fear, or overthinking | https://a.co/d/6qCtLYQ | Mind |
| The Happiness Trap (Second Edition): How to Stop Struggling and Start Living | Russ Harris | Generalized anxiety disorder, panic attacks, anxiety, stress, worry, overthinking | When user says that they are experiencing anxiety, fear, or overthinking |  | Mind |
| Needing to Know for Sure: A CBT-Based Guide to Overcoming Compulsive Checking and Reassurance Seeking | Martin Seif and Sally Winston | OCD | When user says that they have intrusive thoughts, obsessive thoughts, or compulsive behaviors | https://a.co/d/0UoXO2N | Mind |
| The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It | David Carbonell | Generalized anxiety disorder, panic attacks, anxiety, stress, worry, overthinking | When user says that they are experiencing anxiety, fear, or overthinking | https://a.co/d/gpfVuC6 | Mind |
| The Upside of Stress | Kelly McGonigal | Stress | When user says that they are feeling stressed or overwhelmed | https://a.co/d/0Cp3Bj2 | Mind |
| Burnout: The Secret to Unlocking the Stress Cycle | Emily Nagoski | Stress and burnout | When user says they are feeling stressed, overwhelmed, or burned out | https://a.co/d/gKtlwDx | MInd |
| The Burnout Solution: Proven Holistic Strategies to Break Free from Emotional Exhaustion, Restore Your Work-Life Balance, and Discover Mindfulness to Build Lasting Resilience | Melissa Atieh | Work stress, burnout | When user says that they are feeling overwhelmed, emotionally exhausted, burned out, or have a poor work/life balance | https://a.co/d/0bvZV71 | Mind |
| Polyvagal Exercises for Safety and Connection | Deb Dana |  |  |  | Body |
| Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide | David Barlow, Todd Farchione, Shannon Sauer-Zavala, et al | All types of anxeity | When user says that they are experiencing anxiety, fear, excessive worry, overthinking | https://a.co/d/aam6ZRm | Mind |
| The Stress-Proof Brain | Melanie Greenberg |  |  |  | Mind |
|  |  |  |  |  |  |

## **Mood Issues**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| Feeling Good: The New Mood Therapy | David Burns | Depression | Depressed mood, negative thoughts, negative self-talk, low energy, sadness, emptiness, tearfulness, loss of interest or pleasure, shame, guilt, self-criticism, hopelessness, pessimism, feelings of worthlessness, self-neglect, lack of meaning, social withdrawal, lack of motivation, lack of purpose, disconnection, isolation | https://a.co/d/2lhRd4T |
| Feeling Great: The Revolutionary Treatment for Anxiety and Depression | David Burns | Depression | Depressed mood, negative thoughts, negative self-talk, low energy, sadness, emptiness, tearfulness, loss of interest or pleasure, shame, guilt, self-criticism, hopelessness, pessimism, feelings of worthlessness, self-neglect, lack of meaning, social withdrawal, lack of motivation, lack of purpose, disconnection, isolation | https://a.co/d/14JLin5 |
| The Depression Book: Depression as an Opportunity for Spiritual Growth | Cheri Huber | Depression | Depressed mood, negative thoughts, negative self-talk, low energy, sadness, emptiness, tearfulness, loss of interest or pleasure, shame, guilt, self-criticism, hopelessness, pessimism, feelings of worthlessness, self-neglect, lack of meaning, social withdrawal, lack of motivation, lack of purpose, disconnection, isolation | https://a.co/d/bWQ7Ohp |
| Numb: Find Healing in Feeling | Gackle | Emotional flatness/disconnection | User says that they feel flat, numb, disconnected from their emotions | https://a.co/d/akpve9Z |
| The Language of Emotions: What Your Feelings Are Trying to Tell You | Karla McLaren | Emotional flatness/disconnection | User says that they feel flat, numb, disconnected from their emotions | https://a.co/d/23nREeK |
| Man’s Search for Meaning | Viktor Frankl | Hopelessness/Lack of purpose | User says that they feel hopeless, life has no meaning, they feel unfulfilled, or lack a sense of purpose |  |
| Existential Psychotherapy | Yalom | Hopelessness/Lack of purpose | User says that they feel hopeless, life has no meaning, they feel unfulfilled, or lack a sense of purpose |  |
| A Liberated Mind: How to Pivot Toward What Matters | Hayes | Depression/Hopelessness/Lack of Purpose | Depressed mood, negative thoughts, negative self-talk, low energy, sadness, emptiness, tearfulness, loss of interest or pleasure, shame, guilt, self-criticism, hopelessness, pessimism, feelings of worthlessness, self-neglect, lack of meaning, social withdrawal, lack of motivation, lack of purpose, disconnection, isolation |  |
| Values Clarification | Simon, Howe, Kirschenbaum | Lack of Purpose | User says that they feel hopeless, life has no meaning, they feel unfulfilled, or lack a sense of purpose |  |
| ACT Made Simple | Hayes | Depression | Depressed mood, negative thoughts, negative self-talk, low energy, sadness, emptiness, tearfulness, loss of interest or pleasure, shame, guilt, self-criticism, hopelessness, pessimism, feelings of worthlessness, self-neglect, lack of meaning, social withdrawal, lack of motivation, lack of purpose, disconnection, isolation |  |
| The Dance of Anger | Harriet Lerner | Irritability, anger | User says that they feel triggered a lot, that they are often irritable, frequent feelings of anger |  |
| Calming the Angry Brain | Ronald Potter-Efron | Irritability, anger | User says that they feel triggered a lot, that they are often irritable, frequent feelings of anger |  |
| Don’t Let Your Emotions Run Your Life | Scott Spradlin | Irritability, anger | User says that they feel triggered a lot, that they are often irritable, frequent feelings of anger |  |
| Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder" | Normal Rosenthal | Seasonal Affective Mood changes | User feels depressed, sad, low energy during certain times of the year |  |
| Acceptance and Commitment Therapy: The Process and Practice of Mindful Change | Hayes, Stroshal, Wilson | Depression | Depressed mood, negative thoughts, negative self-talk, low energy, sadness, emptiness, tearfulness, loss of interest or pleasure, shame, guilt, self-criticism, hopelessness, pessimism, feelings of worthlessness, self-neglect, lack of meaning, social withdrawal, lack of motivation, lack of purpose, disconnection, isolation | https://a.co/d/i0ulkpC |
| I Thought It Was Just Me | Brene Brown | Shame/Self loathing | Shame, guilt, feeling a lot of remorse for past actions, self-loathing | https://a.co/d/aJrVvuZ |
| Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide | David Barlow, Todd Farchione, Shannon Sauer-Zavala, et al | Depression | Depressed mood, negative thoughts, negative self-talk, low energy, sadness, emptiness, tearfulness, loss of interest or pleasure, shame, guilt, self-criticism, hopelessness, pessimism, feelings of worthlessness, self-neglect, lack of meaning, social withdrawal, lack of motivation, lack of purpose, disconnection, isolation | https://a.co/d/aam6ZRm |

**Relationship Issues**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| How To Be An Adult in Relationships | David Richo | Emotional enmeshment, boundary issues, family of origin issues, attachment patterns, fear of vulnerability or intimacy, emotional reactivity, codependency, conflict avoidance | Difficulty saying no, difficulty asking for needs to be met, feeling like “too much” or “not enough” in relationships, difficulty with boundaries, unhealthy early family patterns that keep repeating in relationships (neglect, lack of love), fear of vulnerability, being too dependent, overreacting during conflict, shutting down during conflict, trust issues,fear of intimacy, fear of abandonment, fear of rejection, drama triangle: victim/rescuer/persecutor roles, wanting to be more unconditionally loving, anxious/avoidant./disorganized attachment styles, fear of losing self, fear of opening up, difficulty balancing closeness and independence in healthy ways, desire to replace old patterns with mindful and conscious choices in relationships, desire to use love as a path for personal and spiritual awakening, Codependency: over-helping, rescuing, or losing self in relationships, struggles with boundaries and self-expression, confusing intensity or drama with real love |  |
| You Are The One You’ve Been Waiting For | Richard Schwartz | Relationship struggles, communication breakdown conflict avoidance, emotional reactivity, boundary issues, codependence, family of origin issues, enmeshment | Repeating the same painful dynamics in love (conflict, withdrawal, over-dependence), seeking a partner to “complete” them and then feeling disappointed when they can’t heal old wounds, difficulty with trust, intimacy, or sustaining closeness, carrying unmet needs from childhood (feeling unseen, unloved, unprotected) into adult relationships., inner child “parts” that get triggered in conflict (fear of abandonment, anger, shame), relying on partners to soothe old wounds instead of learning to reparent self, overreacting to small things because they awaken deep insecurities, blaming or trying to change partner instead of working with own triggers, difficulty differentiating between what belongs to the present moment and what’s “old stuff” resurfacing, learning to meet own needs with compassion so they aren’t outsourced to others, cultivating “Self-leadership”: calm, clarity, compassion, curiosity, shifting from codependency → self-responsibility → deeper intimacy, feeling not enough or too much, self healing |  |
| Attached | Amir Levine and Rachel Heller | Attachment issues, relationship struggles, emotional enmeshment, boundary issues, | Relationship patterns that keep repeating: attracted to people who pull away or can’t commit, feeling smothered or trapped when someone wants closeness, cycling between intense highs and painful lows in love; wanting to understand attachment styles; struggling with ghosting, hot-and-cold partners, or mixed signals; anxiety in dating: overthinking texts, fearing rejection, or obsessing about a partner’s availability; feeling “too needy” or “too distant” in love; difficulty choosing healthy partners or sustaining secure connections; naming patterns behind triggers; reducing self-blame; recognizing compatibility red flags; learning how to move toward secure attachment; making healthy partner choices |  |
| Love Sense | Dr. Sue Johnson | Attachment, conflict resolution, creating more safety, trust, and intimacy | Users wanting to create safety, trust, and/or deeper intimacy in relationships; users wanting to be more responsive to partner; users stuck in cycles of fighting, withdrawal, or disconnection; users who want to understand their attachment style; users who feel too needy; desire to build secure attachment; desire to use love as a path to healing and resilence |  |
| Nonviolent Communication |  | Repair, communication | Difficulty communicating effectively, difficulty asking for needs to be met, difficulty understanding the needs of others |  |
| Difficult Conversations | Douglas Stone, Bruce Patton, and Sheila Heen | Communication; boundaries; relationship conflicts | Desire to shift from blame and defensiveness and into understanding and problem-solving; family conflicts; need to communicate disappointment and boundaries; desire to manage conflict more effectively (at work, home, family, etc.); help in learning to negotiate needs; conflict avoidant; desire to learn communication skills or improve communication; feeling anxious about conflict; desire to handle sensitive topics without damaging the relationship |  |
| Mating In Captivity | Esther Perel | Sexual issues, intimacy issues | Passion is waning in relationship; desire to rekindle the “spark”; couples with mismatched sexual desire; desire to integrate emotional closeness with sexual desire; users who feel torn between safety and commitment and freedom and independence; questioning traditional models of monogamy and intimacy; desire to learn how cultural and personal conditioning shape their sexual identity; feeling stuck in routine; boredom with relationship; |  |
| The Dance of Intimacy | Harriet Lerner | Enmeshment, boundaries, attachment, intimacy, codependence, lack of differentiation, | Struggle to balance closeness and individuality; giving too much in relationships; pursuer/distancer cycles; desire for authentic connection without losing self; people-pleasing; resentment; over-functioning; doing all the emotional labor; in relationship with someone who underfuctions; fear of creating conflict; caretaking; rescuing; withdrawing; self-abandonment; desire to remain true to self while staying connected to others; desire for real intimacy; poor boundaries; desire to look at self in dysfunctional patterns in relationships |  |
| Getting the Love You Want | Hendrix | Conflict, exploration of relationship patterns, exploration of childhood wounds and how they show up in relationships; building intimacy | Couples who love each other but feel stuck in cycles of conflict, disappointment, or distance; individuals who wonder: *“Why do I always end up with the same kind of partner?”*p*eople* seeking to heal old wounds through relationship instead of being trapped by them.; repeating painful childhood dynamics in adult love (e.g., neglect, criticism, abandonment); feeling frustrated that partner doesn’t meet needs and wanting to understand why; communication breakdowns that escalate instead of repair; the disillusionment stage of relationships: when the honeymoon ends and old wounds surface; codependency and the unconscious expectation that a partner will “complete” them; couples who want to turn conflict into growth; individuals who want to understand their relationship patterns; anyone ready to move from fantasy (“they’ll complete me”) → reality → conscious, healing partnership; seeing partner as a mirror and teacher; desire for safe, conscious connection; desire to rebuild trust, safety, and intimacy |  |
| The Seven Principles for Making Marriage Work | Gottman | Conflict, Lack of connection, Intimacy issues, Communication issues | Relationships with ongoing tension, disconnection, or conflict; chronic conflict and arguments; repetitive cycles of criticism, defensiveness, contempt, or stonewalling; emotional disconnection; when partners feel distant, like “roommates,” or like the friendship foundation is fading; trust breakdowns – When there’s lingering hurt from betrayal (not only affairs, but also broken promises, lack of follow-through, or not feeling prioritized).; poor communication – When attempts to resolve issues often spiral into fights, withdrawal, or misunderstandings; lack of intimacy & appreciation; when affection, admiration, and playfulness have declined, and partners feel unappreciated; life stress spillover (when external stress (work, finances, parenting, etc.) intensifies relational strain; unresolved perpetual problems; when partners clash over core differences (money styles, sex drive, values, habits) and don’t know how to manage them without resentment. |  |
| What Makes Love Last? | Gottman |  |  |  |
| The Relationship Cure | Gottman | Communication issues, conflict, building intimacy, defensiveness, emotional reactivity | Couples wanting to improve communication, connection, and intimacy; families navigating conflict, miscommunication, or emotional distance; friends, coworkers, or community members who want stronger, healthier bonds; individuals who notice they struggle to express emotions or respond to others’ needs; feeling unseen, unheard, or ignored in relationships; misreading or missing each other’s “bids for connection” (small moments where someone reaches out for attention, affection, or support); chronic miscommunication, defensiveness, or withdrawal; loneliness within relationships — being together but not truly connecting; difficulty expressing emotions clearly and constructively; feeling emotionally disconnected from a partner, family, or friends; want practical tools to improve daily communication; long for deeper, more consistent emotional intimacy. |  |
| The Power of Attachment | Diane Poole Heller | Attachment issues | Attachment wounds from childhood (e.g. neglect, inconsistent caregiving, or trauma that left a person feeling unsafe, unseen, or unworthy);  difficulty with intimacy and closeness – wanting love but fearing it, pulling away when things get too vulnerable, or anxiously clinging; repetitive relationship struggles – cycling through partners or patterns that feel familiar but painful (avoidant, anxious, or ambivalent dynamics); struggles with trust and safety; finding it hard to rely on others, relax into connection, or feel emotionally secure; emotional regulation challenges: feeling easily overwhelmed, shut down, or reactive in relationships; loneliness and disconnection even in relationships, feeling like something is “missing” or like true intimacy isn’t possible; healing trauma – for those who sense that past attachment disruptions or early experiences continue to impact how they relate today.  “I keep pushing love away.”  “I’m terrified of being abandoned.”  “I never really felt safe as a child, and I’m still carrying that.”  “I long for deeper intimacy, but I don’t know how to create it.” |  |
| Codependent No More | Melody Beattie | Codependence, Emotional Enmeshment | Chronic caretaking / rescuing; people who feel compelled to fix others’ problems or manage their emotions; difficulty setting or keeping boundaries; those who feel guilty saying “no,” or allow others to take advantage of them; low self-worth tied to others’ approval; people who only feel valuable when they’re needed or praised; living in dysfunctional or addictive family system; people who come from families with substance abuse, emotional neglect, or chaos, and they’ve learned to survive by controlling or people-pleasing; confusion between love and enabling; people who equate sacrificing themselves with caring for others; people who feel responsible for other people’s moods; people who have lost touch with personal desires and identity; people who don’t know what they want, because so much energy is spent on others; cycles of resentment and burnout; over-helping until they feel depleted, unappreciated, or angry; fear of abandonment; staying in unhealthy or one-sided relationships out of fear of being alone. |  |
| Conscious Loving | Gay and Kathlyn Hendricks | Intimacy issues, unhealthy relationship dynamics, communication, codependency, conflict, stagnation | Difficulty with intimacy or vulnerability; people who long for closeness but feel blocked, fearful, or defensive; repeating unhealthy relationship dynamics; those who notice cycles of conflict, withdrawal, blame, or rescuing; fear of commitment or fear of losing oneself in relationship; people who struggle to balance independence with connection; couples who argue about the same things repeatedly; individuals who avoid conflict; people wanting more authenticity in love; healing from co-dependency; couples who feel “stuck” or stagnant |  |
| The Mastery of Love | Don Miguel Ruiz | Drama triangle, self-worth issues, self-love, breakups, boundaries | People struggling with self-love and self-worth; those caught in painful relationship patterns: stuck in cycles of blame, control, rescuing, or feeling victimized (like in the Drama Triangle); anyone who feels unloved or unlovable; people recovering from heartbreak, betrayal, or emotional wounds; those learning to set boundaries without guilt |  |
| Leaving the Enchanted Forest |  | **Relationship addiction** |  |  |
| How to Be an Adult in Love | David Richo |  |  |  |
| Daring to Trust: Opening Ourselves to Real Love and Intimacy | David Richo |  |  |  |
| In Each Other’s Care: A Guide to the Most Common Relationship Conflicts and How to Work Through Them | Stan Taktin |  |  |  |
| We Do: Saying Yes to a Relationship of Depth, True Connection, and Enduring Love | Stan Taktin |  |  |  |
| Wired for Love: How Understanding Your Partner’s Brain and Attachment Style Can Help You Defuse Conflict and Build a Secure Relationship, | Stan Taktin |  |  |  |
| Love and War in Intimate Relationships: Connection, Disconnection, and Mutual Regulation in Couple Therapy | Stan Taktin |  |  |  |
| The Connection Playbook | Andy Chaleff |  |  |  |

**PTSD and Trauma**

| Title | Author | User Issues | User Presentation | Link |
| --- | --- | --- | --- | --- |
| The Body Keeps the Score | Besser Van Der Kolk | PTSD | People living with trauma or PTSD; people stuck in the past; people struggling with mind-body disconnect; people who want to understand how their trauma impacts their relationships |  |
| Waking The Tiger | Peter Levine | PTSD | People living with trauma or PTSD; people who feel “frozen”; Those experiencing anxiety, hypervigilance, or body overwhelm; individuals disconnected from their body |  |
| In An Unspoken Voice | Peter Levine | PTSD | Survivors of trauma; people struggling with shame, self-blame, or “I’m broken” narrative; anyone who experiences chronic dysregulation; Individuals seeking hope after long-term suffering |  |
| The Polyvagal Theory | Stephen Porges | PTSD, nervous system dysregulation | People who feel “stuck” in survival states: chronic anxiety, hypervigilance, panic, or feeling numb/shut down; individuals with trauma histories (especially those who don’t understand why they still feel unsafe even when “nothing is wrong.”); those who struggle with emotional regulation:   swinging between overwhelm (fight/flight) and collapse (freeze); people wanting to understand the mind–body connection |  |
| Polyvagal Exercises for Safety and Connection | Deb Dana | PTSD, nervous system dysregulation | People who feel “stuck” in survival states: chronic anxiety, hypervigilance, panic, or feeling numb/shut down; individuals with trauma histories (especially those who don’t understand why they still feel unsafe even when “nothing is wrong.”); those who struggle with emotional regulation:   swinging between overwhelm (fight/flight) and collapse (freeze); people wanting to understand the mind–body connection |  |
| "It Didn’t Start with You | Mark Wolynn | Ancestral/Generational Trauma | People who feel they’re carrying pain that “isn’t theirs”; individuals stuck in repeating patterns; those from families with unresolved trauma; people with persistent anxiety, depression, or guilt |  |
| Transforming Trauma | James Jordan | PTSD | People who’ve experienced trauma (big or small) and feel overwhelmed; survivors of war, abuse, illness, loss, or everyday chronic stress; individuals feeling hopeless, stuck, or powerless; people who want to integrate body, mind, and spirit |  |
| The Complex PTSD Workbook | Arielle Schwartz | Complex PTSD | Survivors of chronic or repeated trauma  – Childhood abuse, neglect, domestic violence, captivity, or ongoing unsafe environments.  People who struggle with emotional flashbacks or overwhelming waves of fear, shame, or despair that don’t always connect to current events; those who feel fragmented or disconnected from self; identity confusion, inner critic, or difficulty trusting themselves; individuals with relational wounds; trouble with intimacy, boundaries, or feeling safe with others; people living with shame, guilt, or self-blame |  |
| Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse | Anderson, Richard Schwartz, Sweezey | PTSD, Complex PTSD | People with trauma histories; survivors of PTSD or complex trauma who struggle with intrusive memories, emotional flooding, or shutdown; those who feel “at war with themselves”: strong inner critic, self-sabotage, or conflicting inner voices; individuals with anxiety or depression; when moods feel overwhelming and hard to regulate; people navigating substance abuse or compulsive behaviors; people who feel fragmented or disconnected; wanting to integrate parts of themselves that carry pain, fear, or shame. | https://a.co/d/2TqRkgY |
| Complex PTSD: From Surviving to Thriving: A Guide and Map for Recovering from Childhood Trauma | Pete Walker | Complex PTSD | Adult survivors of childhood abuse or neglect: emotional, physical, or sexual abuse, or chronic lack of safety/nurturing; those experiencing emotional flashbacks; sudden, overwhelming waves of fear, shame, or despair that don’t match present circumstances; people with a harsh inner critic: self-blame, self-doubt, or feeling “never good enough.”; survivors who swing between fight/flight/freeze/fawn; difficulty regulating emotions, setting boundaries, or trusting others; individuals with relationship struggles: fear of intimacy, codependency, or repeated patterns of toxic dynamics; people who feel isolated, misunderstood, or “broken” | https://a.co/d/j7F9iJg |
| Trauma and Recovery | Judith Herman |  |  |  |
| The Inner World of Trauma | Donald Kalsched |  |  |  |
| Complex PTSD: From Surviving to Thriving | Pete Walker |  |  |  |
| The Myth of Normal | Gabor Mate |  |  |  |

Life Transitions

| Title | Author | User Issues | User Presentation | Link |
| --- | --- | --- | --- | --- |
| Transitions: Making Sense of Life’s Changes | William Bridges | Major life transitions | People going through major life changes: divorce, career shift, retirement, relocation, graduation, loss, or becoming a parent; those feeling disoriented or “in between” phases of life: a sense of being in limbo, where the old has ended but the new isn’t yet clear; individuals grieving an ending: relationships, jobs, roles, identities, or dreams that have run their course; anyone feeling stuck or resistant to change; fear, uncertainty, or longing for the past to return; people exploring identity shifts: midlife reevaluations, spiritual awakenings, or redefining purpose. |  |
| Necessary Losses | Judith Viorst | Loss | People grieving life transitions: end of relationships, children leaving home, aging, death of loved ones, or changes in identity; those struggling with letting go: holding onto old roles, illusions, or dependencies that no longer serve them; individuals exploring personal growth through loss; people experiencing midlife reevaluation: facing mortality, shifting family roles, or unfulfilled dreams; people wanting to understand love, dependency, and separation: how we attach, how we lose, and how we find meaning in the process. |  |
| The Middle Passage: From Misery to Meaning in Midlife | James Hollis | Midlife transitions | People in midlife (30s–60s) facing identity crisis; questioning career, marriage, roles, or purpose; people who feel trapped by old patterns; people ealizing the strategies that worked in the first half of life no longer bring fulfillment;  Individuals experiencing dissatisfaction, depression, or emptiness, even when “on paper” life looks successful; people longing for deeper meaning: beyond external achievement, they want a more soulful, authentic life; those navigating transitions:divorce, children leaving home, loss of parents, career change, or aging. |  |
| Finding Meaning in the Second Half of Life | James Hollis | Midlife transitions | People in midlife or later life questioning purpose: wondering “Is this all there is?” despite having accomplished much; people who feel disillusioned or restless; success, relationships, or family life don’t feel as fulfilling as expected; individuals navigating losses and endings: divorce, career change, death of loved ones, or children leaving home; people wrestling with old patterns and wounds: realizing unresolved childhood dynamics still shape present choices; people longing for depth and authenticity; people wanting to hear the “soul’s call”; people exploring the shadow and unfinished business of the past. |  |
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| When Things Fall Apart | Pema Chödrön | Struggle, grief, uncertainty | People going through crisis or loss: divorce, death, illness, trauma, or sudden life changes; people feeling overwhelmed by uncertainty; anxiety about the future, lack of control, or a sense of groundlessness; individuals struggling with fear or avoidance; people dealing with grief, heartbreak, or disappointment |  |
| The Wisdom of Insecurity | Alan Watts |  | People struggling with anxiety about the future; fear of change, uncertainty, or losing control; people caught in overthinking or perfectionism; individuals seeking peace but never feeling satisfied; people onstantly chasing the “next thing” for security or happiness; people navigating existential questions: the meaning of life, mortality, and the nature of being present. |  |
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| Let Your Life Speak | Parker J. Palmer | Search for meaning and purpose | People questioning their purpose or vocation; people wondering what they’re truly meant to do in life; those feeling disconnected from their work or path; burnout, dissatisfaction, or a sense of living someone else’s script; individuals navigating transition or midlife reevaluation; people considering career change, retirement, or new direction; people struggling with self-doubt or perfectionism; eople longing for authenticity and alignment |  |
| On Death and Dying | Elisabeth Kübler-Ross & David Kessler | Grief | Facing one’s own terminal illness: helps people to understand the psychological journey of confronting mortality, normalizing the range of emotional responses; people supporting loved ones who are dying; processing anticipatory grief  Supports people who are grieving a loss *before* it fully happens (e.g., terminal illness, advanced dementia); existential and spiritual struggles: helps individuals explore meaning, fear, and acceptance when faced with death and impermanence. |  |
| Finding Meaning: The Sixth Stage of Grief | David Kessler | Grief | Bereavement after a loved one’s death (especially when grief feels senseless or overwhelming); existential questions after loss — “Why did this happen?” and “How can I keep living?”; transitioning from acute grief to long-term integration (finding purpose or legacy beyond the pain). |  |
| The Grief Recovery Handbook | John W. James & Russell Friedman | Grief | Completing what feels “unfinished” in relationships or life experiences; unresolved grief from past losses (deaths, divorces, estrangements, relocations, etc.); complicated grief where people feel “stuck” or unable to move forward; non-death losses — breakups, job loss, pet loss, health decline, shattered dreams; repressed or avoided grief that manifests as irritability, numbness, depression, or addiction; those who grew up in families that avoided emotional expression (it teaches new language for feelings). |  |
| The Wild Edge of Sorrow | Francis Weller | Grief | People grieving the destruction of the earth; people wanting to reclaim parts of themselves; people grieving personal loss: death, divorce, illness, transition |  |

Self Esteem and Identity Work

| Title | Author | User Issues | User Presentation | Link |
| --- | --- | --- | --- | --- |
| Freedom From Your Inner Critic: A Self-Therapy Approach | Jay Earley & Bonnie Weiss |  | harsh self-judgment & perfectionism; for people who are constantly criticizing themselves or feeling “never good enough.” procrastination & paralysis; when the inner critic keeps someone stuck by shaming them for not doing things “right.”; low self-worth & shame; offers tools to soften self-hatred and shift into self-compassion; anxiety & performance pressure; supports people who fear failure, rejection, or being exposed as inadequate; blocked creativity; especially good for artists, writers, and entrepreneurs who stop themselves before they start. |  |
| No Bad Parts | Richard Schwartz |  | Shame & self-rejection; for people who feel broken, defective, or unworthy; helps people see every part as purposeful rather than shameful; harsh inner critic / perfectionism; offers tools for softening judgmental voices by approaching them with curiosity instead of hostility; trauma & emotional wounds; especially effective for survivors of abuse, neglect, or complex trauma (helps them build safe internal relationships with exiled parts); people working on self-acceptance: anxiety, depression and inner conflict; for people caught between battling inner voices (e.g., “I want to rest” vs. “I should work harder”); addiction & compulsive behaviors; supports people in recognizing protective roles behind behaviors, reducing shame, and creating space for healthier strategies; identity confusion and self-alienation; great for people who feel fragmented or disconnected from their “true self.” |  |
| The Gifts of Imperfection | Brene Brown |  | Perfectionism & fear of failure; for people whose self-worth is tied to achievement, appearance, or control; shame and self-criticism; especially good for those who struggle with “I’m not enough” narratives; comparison & people-pleasing; people who measure themselves against others or abandon their needs to fit in; low self-worth and lack of authenticity; helps people move from hiding or “performing” into showing up as their real selves; burnout from over-functioning; for caretakers, professionals, and high-achievers exhausted from proving their worth; struggles with vulnerability; great for people afraid of opening up, taking risks, or being seen; identity & belonging struggles; supports people navigating transitions, roles, or relationships where they feel disconnected from who they are; anyone caught in “I’ll be enough when…” thinking. It helps replace perfectionism with self-compassion and empowers people to live with more authenticity and courage. |  |
| Radical Self-Acceptance | Tara Brach |  | Shame and chronic self-judgment; people who live in cycles of “I’m not good enough,” self-loathing, or harsh self-criticism; anxiety & perfectionism; helps people stuck in over-efforting, fear of mistakes, and constant worry about performance; depression & hopelessness; offers practices to soften inner resistance and meet despair with compassion; trauma and emotional wounds; people who feel broken or disconnected from themselves; spiritual disconnection; for people longing for a sense of belonging, wholeness, or presence; addiction & compulsive behaviors; supports recovery by reducing shame and helping people approach themselves with kindness instead of self-punishment; relationship difficulties; teaches self-compassion and mindfulness that improve emotional regulation and empathy in relationships; people who struggle with mindfulness practice; people who want to integrate self-acceptance into daily life. |  |
| Self-Compassion | Christine Neff |  | Harsh inner critic / perfectionism; for people who set impossibly high standards, beat themselves up for mistakes, or feel worthless if they’re not achieving; shame and self-judgment; people wanting to move out of “I’m not enough” loops and soften self-loathing; anxiety & stress’ offers concrete practices for soothing the nervous system when self-blame spikes; depression and low self-worth; for people wanting to relate to pain and failure without spiraling; people wanting to build resilience after setbacks; people facing rejection, divorce, job loss, or other failures; caregiver fatigue & burnout; therapists, parents, nurses, and helpers who extend compassion to others but withhold it from themselves; body image & eating struggles (Neff’s research shows self-compassion helps reduce shame around weight, food, and appearance); relationship difficulties: Increases capacity for vulnerability and repair by teaching people to meet their own needs kindly instead of defensively. |  |
| Self-Esteem | McKay and Fanning |  | Low self-worth & negative self-image, people who feel inadequate, unworthy, or “less than” others; harsh inner critic / self-judgment; cognitive techniques to challenge distorted, self-defeating thoughts; anxiety & social insecurity; people who avoid risks, social situations, or opportunities due to fear of rejection or “not measuring up.”; depression linked to low confidence; people who want concrete skills to counter hopeless or self-blaming thoughts; perfectionism & fear of failure; helps break the cycle of unrealistic standards → self-criticism → avoidance; assertiveness struggles; people who have trouble setting boundaries, asking for needs, or saying “no.”; shame & guilt patterns  CBT reframing helps loosen internalized shame narratives; identity confusion; people who tie their self-esteem exclusively to external validation (work, appearance, relationships) and want to build intrinsic self-worth. |  |
| The Six Pillars of Self-Esteem | Nathaniel Brandon |  | Chronic low self-esteem; people who feel “less than,” invisible, or unworthy in multiple life domains; people with a lack of self-awareness; people living on autopilot, disconnected from their choices, feelings, or impact; shame & self-rejection; helps shift from internalized self-hatred to acceptance of strengths and flaws; victim mentality / lack of agency; people who want to build responsibility for choices rather than blaming external forces; people with difficulty with boundaries and assertiveness; people who struggle to say no, speak their truth, or ask for what they need; aimlessness or lack of direction; those who feel purposeless or adrift in their work, relationships, or life goals; integrity struggles: helpful for clients who act against their own values (e.g., people-pleasing, self-betrayal, dishonesty with self/others). |  |
| Radical Compassion | Tara Brach |  |  |  |
| The Gifts of Imperfection | Brene Brown |  |  |  |
| Daring Greatly | Brene Brown |  |  |  |
| Atlas of the Heart | Brene Brown |  |  |  |

Behavioral or Habit Change

| Title | Author | User Issues | User Presentation | Link | Notes |
| --- | --- | --- | --- | --- | --- |
| Atomic Habits | James Clear | Behavioral change, building supportive and positive habits, creating beneficial routines | Procrastination & inconsistency, people who can’t seem to “stick with” new routines or goals; people who want to break bad habits  (overeating, smoking, doomscrolling, staying up too late, etc.) through practical replacement strategies; people who want to build positive habits: exercise, journaling, meditation, better sleep, healthier eating, learning, productivity practices; low motivation / relying on willpower people who want to shift focus from discipline to *system design* and environment shaping; identity struggles around change; great for people who say: “I’m just not the kind of person who…”; all-or-nothing thinking; performance & productivity issues; professionals, students, and creatives looking to optimize focus and momentum; people in recovery or health behavior change; people rebuilding routines after setbacks, trauma, or illness; anyone stuck in the loop of good intentions and poor follow-through; people who say they feel stuck |  |  |
| The Power of Habit | Charles Duhigg | Behavioral change, building supportive and positive habits, creating beneficial routines | People who need to “see the science” behind their stuck patterns before they’ll buy into change; for people who want to break unhelpful cycles; people trying to stop smoking, overeating, overspending, or other automatic behaviors; people who want to create healthier routines  (exercise, sleep, study habits, daily structure); people who are experiencing workplace & organizational challenges; addiction & compulsive behavior; low willpower; decision fatigue |  |  |
| Tiny Habits | BJ Fogg | Behavioral change, building supportive and positive habits, creating beneficial routines | Overwhelm & burnout from big goals; people who give up because change feels too massive; procrastination and avoidance; people who can’t get started; low confidence in ability to change; people who’ve “failed” at habit change before;perfectionism / all-or-nothing thinking; people who abandon changes if they miss a day; motivation struggles; emotional eating, exercise avoidance, poor sleep; depression, anxiety, trauma recovery; low energy; people who feel overwhelmed, stuck, or discouraged |  | This is a great book for helping people take small steps toward a goal or behavioral change |
| In the Realm of Hungry Ghosts | Gabor Mate | Addiction | Substance use & behavioral addictions  (alcohol, drugs, gambling, sex, food, shopping, technology); people who use addiction to cope; childhood trauma & attachment wounds; people who are beginning to connect early neglect/abuse with later addictive patterns; shame & self-blame in addiction; families of people with addiction; chronic stress & dysregulation; people seeking meaning in recovery |  | This book looks deeper into the “why” of addiction. What is the underlying issue? |
| The Willpower Instinct | Kelly McGonigal | Procrastination, habit change | Procrastination and lack of follow-through; people who struggle to stay focused, delay tasks, or sabotage their own goals; addictive or compulsive behaviors: overeating, overspending, smoking, excessive tech use, etc.; stress and decision fatigue; health behavior change: diet, exercise, sleep, and other lifestyle improvements; impulse control issues; all-or-nothing thinking; low self-efficacy; work, school, or performance struggles; professionals, students, or creatives who need help managing focus, attention, and long-term goals; shame around “lack of discipline” |  |  |
| Switch: How to Change Things When Change is Hard | Chip and Dan Heath | Habit change | People resistance to change; people who know what they “should” do logically but feel stuck emotionally or behaviorally; procrastination and inertia; people who get overwhelmed by the scale of change and need smaller, “shrink the change” steps; workplace or organizational change; personal habit change; individuals who struggle to act on their goals; burnout and lack of motivation; relationship or family dynamics: couples, parents, or groups trying to shift long-standing interaction patterns; identity shifts & life transitions: career changes, midlife pivots, or recovery. |  | It uses the metaphor of the Rider (logic), the Elephant (emotion), and the Path (environment) to explain why change so often fails — and how to align head, heart, and situation for lasting transformation. |
| Better Than Before | Gretchen Rubin | Habit change, procrastination | People who have difficulty sticking with habits; procrastination and inconsistency; self-sabotage in daily routines; people who feel frustrated with failed resolutions; people who want to better understand what motivates them |  |  |
| Good Habits, Bad Habits: The Science of Making Positive Changes That Stick | Wendy Wood | Habit change | People who say they lack willpower; people who feel like they are on autopilot; people struggling with willpower: “I just don’t have enough discipline”; breaking ingrained bad habits: overeating, nail biting, smoking, phone scrolling — things done automatically without much awareness; difficulty maintaining behavior change: when motivation starts strong but fizzles, because it explains how environment and repetition cement habits; procrastination and distraction;  health behavior change: exercise, diet, sleep, medication adherence — particularly when people keep “falling off the wagon.”; people who get stuck in motivation cycles: those waiting for the “perfect moment” or boost of inspiration “I’ll start next Monday” |  |  |
| Making Habits, Breaking Habits | Jeremy Dean | Habit Change | People who have “failed” at habit change; people with difficulty forming new habits: people who keep trying “30-day challenges” or quick fixes and feel like failures when they don’t stick; people wanting help with breaking unwanted habits: smoking, overeating, procrastination, nail biting — any ingrained, automatic behavior; people who are frustrated with “willpower-based” approaches: people who think habit change should be instant and beat themselves up when it’s not; procrastination and avoidance loops; stress and emotional habits |  | It’s a research-based but very accessible look at how habits work, especially busting the myth that it takes exactly *21 days* to form one (spoiler: it usually takes much longer). Dean blends psychology studies with practical advice for creating and undoing habits. |
| Essentialism | Greg McKeown |  |  |  |  |
| The One Thing | Greg Keller |  |  |  |  |
| Deep Work | Cal Newport |  |  |  |  |
| Immunity to Change | Robert Kegan and Lisa Lahey |  |  |  |  |
| Reinvention Yourself | Steve Chandler |  |  |  |  |
| The Power of Habit | Charles Duhigg |  |  |  |  |
| Better Than Before | Gretchen Rubin |  |  |  |  |
| Triggers | Marshall Goldsmith |  |  |  |  |

**Chronic Illness and Health Issues**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** | **Notes** |
| --- | --- | --- | --- | --- | --- |
| When the Body Says No | Gabor Mate | Chronic illness; stress related illness | People who are overextended, chronically stressed, or ill; people who suppress their emotions; workaholics and over-functioners; caregivers; trauma survivors with health issues; people with chronic stress; people with dysregulated nervous systems; people with chronic illness, autoimmune issues, cancer or other serious health diagnosis |  | **It’s about how chronic stress, repressed emotions, and unprocessed trauma contribute to illness. Maté argues that the body “says no” through disease when the mind can’t.** |
| Full Catastrophe Living | Jon Kabat-Zinn | Chronic illness, pain, illness, stress, sleep issues, emotional reactivity | Chronic stress and anxiety; chronic illness and pain; depression & relapse prevention; burnout and exhaustion: caregivers, healthcare workers, and high-achievers who neglect self-care; trauma recovery (stabilization phase); sleep difficulties; emotional regulation struggles: reactivity, anger, or avoidance; identity & existential struggles |  |  |
| You Can Heal Your LIfe | Louise Hay |  |  |  |  |
| The Healing Power of Illness | Thorwald Dethlefsen and Rudiger Dahlke |  |  |  |  |
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**Coping Skills**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness | Rick Hansen |  | People stuck in fear, stress, overwhelm; self-doubt; anxiety and worry loops; depression and low mood; low self-worth; shame; trauma recovery; resilience after setbacks; burnout; caregiver fatigue |  |
| Emotional Agility | Susan David |  | Emotional avoidance and suppression (people who push feelings down, “stay positive” at all costs, or numb out); over-identification with emotions (helps people who get hijacked by anger, fear, or sadness and mistake emotions for facts); anxiety and stress; depression and rumination; shame, guilt & harsh self-talk; workplace burnout and leadership challenges; professionals who need resilience, adaptability, and values-based decision-making; life transitions and uncertainty; rigid thinking / perfectionism; values clarification |  |
| Radical Acceptance | Tara Brach |  | Shame & self-loathing; people who constantly feel “broken,” “not enough,” or unworthy of love; harsh inner critic / perfectionism; people trapped in endless self-judgment, always chasing the impossible “ideal self”; anxiety and chronic self-doubt; depression and hopelessness; people who feel stuck in self-blame; trauma and emotional pain; survivors carrying guilt, shame, or self-rejection after abuse or neglect; addiction and compulsive behaviors; body image and eating struggles; relationship difficulties; spiritual disconnection  For those seeking belonging, presence, and self-compassion within a larger sense of meaning. |  |
| Self-Compassion | Kristin Neff |  | Harsh inner critic / perfectionism; for people who set impossibly high standards, beat themselves up for mistakes, or feel worthless if they’re not achieving; shame and self-judgment; people wanting to move out of “I’m not enough” loops and soften self-loathing; anxiety & stress’ offers concrete practices for soothing the nervous system when self-blame spikes; depression and low self-worth; for people wanting to relate to pain and failure without spiraling; people wanting to build resilience after setbacks; people facing rejection, divorce, job loss, or other failures; caregiver fatigue & burnout; therapists, parents, nurses, and helpers who extend compassion to others but withhold it from themselves; body image & eating struggles (Neff’s research shows self-compassion helps reduce shame around weight, food, and appearance); relationship difficulties: Increases capacity for vulnerability and repair by teaching people to meet their own needs kindly instead of defensively. |  |
| The Mindful Self-Compassion Workbook | Kristin Neff and Christopher Germer |  |  |  |
| The Dialectical Behavior Therapy Skills Workbook | Matthew McKay, Jeffrey Wood, and Jeffrey Brantley |  |  |  |
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**ADHD**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| Scattered Minds | Gabor Mate | ADHD | **ADHD / ADD: especially adults who may not have been diagnosed in childhood; chronic distraction & focus issues; difficulty sustaining attention, procrastination, or restlessness; emotional regulation challenges: impulsivity, mood swings, or difficulty managing frustration; self-esteem struggles stemming from repeated experiences of “not measuring up”; family dynamics & early attachment wounds** |  |
| [Taking Charge of Adult A.D.H.D.](https://www.guilford.com/books/Taking-Charge-of-Adult-ADHD/Russell-Barkley/9781462546855) | Russell A. Barkley |  | **ADHD: inattention and distractibility, difficulty sustaining focus, organizing tasks, or following through; impulsivity: acting before thinking, interrupting, emotional, emotional outbursts; executive function struggles: time management problems, trouble prioritizing tasks, difficulty planning ahead or setting goals, forgetfulness and disorganization: emotional and relational issues; frustration, irritability; low self-control; difficulty regulating emotions; low self-esteem stemming from repeated difficulties** |  |
| [A Radical Guide for Women With A.D.H.D.](https://www.newharbinger.com/9781684032624/a-radical-guide-for-women-with-adhd/) | Sari Solden and Michelle Frank |  | **Internalized shame and guilt about being “different”; feeling misunderstood or overlooked; letting go of perfectionism and unrealistic expectations; overwhelm, burnout, and exhaustion from masking or overcompensating (ADHD); anxiety, self-doubt, and negative self-talk; difficulty regulating emotions or dealing with criticism; struggles with organization, time, and follow-through; poor boundaries; women who need sustainable routines** |  |
| [Your Brain’s Not Broken](http://www.bakerpublishinggroup.com/books/your-brain-s-not-broken/405380) | Tamara Rosier |  | **People stuck in cycles of shame, frustration, or failed strategies; frequent mood swings or intense emotions; feeling overwhelmed or shut down in stressful situations; difficulty calming down after conflict or overstimulation: procrastination and difficulty starting tasks; trouble following through on commitments; “time blindness”: struggling to estimate or manage time; forgetfulness and distractibility; internalized shame from years of being told to “try harder”; comparing oneself negatively to others; struggles with self-acceptance and self-trust** |  |
| [A.D.H.D. 2.0](https://www.penguinrandomhouse.com/books/550868/adhd-20-by-edward-m-hallowell-md-and-john-j-ratey-md/) | Edward Hallowell and John Ratey |  | **Distractibility and focus struggles; procrastination and inconsistent motivation; emotional impulsivity and frustration; overwhelm in fast-paced, high-tech environments; shame, low self-esteem, or feeling “broken”; relationship misunderstandings (partners, family, coworkers); stress from living in a “neurotypical” world that isn’t designed for ADHD brains** |  |
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**Body Image**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| The Body Is Not an Apology: The Power of Radical Self-Love | Sonya Renee Taylor |  |  |  |
| Living with Your Body and Other Things You Hate | Emily K. Sandoz and Troy DuFrene |  |  |  |
| The Wisdom of Your Body | Hillary McBride |  |  |  |
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**Anger**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| The Dance of Anger | Harriet Lerner |  |  |  |
| Anger | Thich Nhat Hahn |  |  |  |
| Letting Go Of Anger | Ronald Potter-Efron |  |  |  |
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**Spiritual Issues**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| The Untethered Soul | Michael Singer |  |  |  |
| The Power of Now | Eckhart Tolle |  |  |  |
| Waking Up | Sam Harris |  |  |  |
| The New Earth | Eckhart Tolle |  |  |  |
| Eastern Body, Western Mind | Anodea Judith |  |  |  |
| You Are the Placebo | Joe Dispenza |  |  |  |
| The Wisdom of Insecurity | Alan Watts |  |  |  |
| The Mastery of Love | Don Miguel Ruiz |  |  |  |
| The Four Agreements | Don Miguel Ruiz |  |  |  |
| The Book of Awakening | Mark Nepo |  |  |  |
| The Seat of the Soul | Gary Zukav |  |  |  |
| Anatomy of the Spirit | Caroline Myss |  |  |  |
| How to Be an Adult in Faith and Spirituality | David Richo |  |  |  |

**Lack of Social Connection**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| The Cure for Loneliness | Bill Howatt |  |  |  |
| A Sense of Belonging | Holan Liang |  |  |  |
| Navigating Loneliness | Cheryl Rickman |  |  |  |
| Loneliness | Cacioppo and Patrick |  |  |  |
| Atlas of the Heart | Brene Brown |  | People with limited emotional vocabulary (those who say “I feel bad” or “I’m stressed” without nuance); eople in relationships who want to improve communication and intimacy; individuals recovering from shame or disconnection who need language for what they’ve experienced. |  |
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**Lack of Motivation**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| Mindset: The New Science of Success | Carol Dweck |  |  |  |
| Grit: The Power of Passion and Perseverance | Angela Duckworth |  |  |  |
| Drive: The Surprising Truth About What Motivates Us | **Daniel Pink** |  |  |  |
| Motivation Myth Busters |  |  |  |  |
| The Motivation Code |  |  |  |  |
| **Peak: Secrets from the New Science of Expertise** | **Anders Ericsson** |  |  |  |
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**Decision Making**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| Noise: A Flaw In Human Judgment | Daniel Kahneman, Olivier Sibony & Cass R. Sunstein |  |  |  |
| How We Decide | Jonah Lehrer |  |  |  |
| Smart Choices: A Practical Guide to Making Better Decisions | John S. Hammond, Ralph L. Keeney & Howard Raiffa |  |  |  |
| The Paradox of Choice: Why More Is Less | Barry Schwartz |  |  |  |
| Better Decisions, Fewer Regrets | Andy Stanley |  |  |  |
| The Decision Book | Mikael Krogerus and Roman Tschappeler |  |  |  |
| How to Decide: Simple Tools for Making Better Choices | Annie Duke |  |  |  |
| Thinking Fast and Slow | Daniel Kahneman |  |  |  |
| Predictably Irrational | Dan Ariely |  |  |  |
| Nudge: Improving Decisions About Health, Wealth, and Happiness" | Thaler and Sunstein |  |  |  |
| Blink | Malcolm Gladwell |  |  |  |
| Decisive: How to Make Better Choices in Life and Work | Chip and Dan Heath |  |  |  |

**Adjustment Disorders**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| The Stress-Proof Brain – Melanie Greenberg | Melanie Greenberg |  |  |  |
| Transitions: Making Sense of Life’s Changes | William Bridges |  |  |  |
| Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness | Rick Hanson |  |  |  |
| Healing Through the Dark Emotions | Miriam Greenspan |  |  |  |
| Mind Over Mood | Dennis Greenberger and Christine Padesky |  |  |  |
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**Personal Growth and Development**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| The Untethered Soul | Michael Singer |  |  |  |
| The Power of Now | Eckhart Tolle |  |  |  |
| The Four Agreements | Don Miguel Ruiz |  |  |  |
| Awareness | Anthony de Mello |  |  |  |
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## **Exploration of Thoughts, Values, Feelings, and Behaviors**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| Dare to Lead | Brene Brown | Values exploration |  |  |
| The Values Factor | John Demartini | Values exploration |  |  |
| The 7 Habits of Highly Effective People | Stephen Covey | Values exploration |  |  |
| The Happiness Trap | Russ Harris | Values exploration |  |  |
| Get Out of Your Mind and Into Your Life | Steven C. Hayes | Values exploration |  |  |
| The Big Leap | Gay Hendricks | Values exploration |  |  |
| The Road to Character | David Brooks | Values exploration |  |  |
| The Life Values Inventory Workbook | Hall, Edwards, and Hall | Values exploration |  |  |
| Values Clarification | Simon, Howe, and Kirschenbaum | Values exploration |  |  |

**Emotional Reactivity**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| Triggers | David Richo |  |  |  |
| Calming the Emotional Storm |  |  |  |  |
| The Four Agreements | Don Miguel Ruiz |  |  |  |
| When Things Fall Apart | Pema Chodron |  |  |  |
| Taking the Leap | Pema Chodron |  |  |  |
| Emotional Intelligence | Daniel Goleman |  |  |  |
| Resilient | Rick Hanson |  |  |  |
| Mindsight | Dan Siegel |  |  |  |
| Emotional Agility | Susan David |  |  |  |
| Anger: Wisdom for Cooling the Flames | Thich Nhat Hanh |  |  |  |

**Guilt and Shame**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| Radical Self-Acceptance | Tara Brach |  |  |  |
| Healing the Shame That Binds You | John Bradshaw |  |  |  |
| Internal Family Systems Therapy for Shame and Guilt | Richard Schwartz |  |  |  |
| I Thought It Was Just Me (But It Isn’t) | Brene Brown |  |  |  |
| Trauma and Shame | Tian Dayton |  |  |  |
| The Dance of Shame (in The Dance of Connection and other works) | Harriet Lerner |  |  |  |
| In the Realm of Hungry Ghosts | Gabor Mate |  |  |  |
| Daring Greatly | Brene Brown |  |  |  |
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**Exploration of Childhood**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| No Bad Parts |  |  |  |  |
| The Inner Child |  |  |  |  |
| Homecoming |  |  |  |  |
| Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse |  |  |  |  |
| When the Past Is Present: Healing the Emotional Wounds that Sabotage Our Relationships | David Richo |  |  |  |
| The Drama of the Gifted Child | Alice Miller |  |  |  |
| Emotional Sobriety | Tian Dayton |  |  |  |
| Complex PTSD: From Surviving to Thriving | Pete Walker |  |  |  |
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**Default Mode Network**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** |
| --- | --- | --- | --- | --- |
| “The Neuroscience of Mind-Wandering” – *Scientific American* |  |  |  |  |
| “How Mindfulness Frees Us from Autopilot” – *Greater Good Science Center* |  |  |  |  |
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**Misc**

| **Title** | **Author** | **User Issues** | **User Presentation** | **Link** | **Description and Domain** |
| --- | --- | --- | --- | --- | --- |
| The Doors of Perception | Aldous Huxley |  |  |  |  |
| The Master and His Emissary | Iain McGilchrist |  |  |  |  |
| Realms of the Human Unconscious – Stanislav Grof | Stanislav Grof |  |  |  |  |
| Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence | Rick Hanson |  |  |  |  |
| Thinking Fast and Slow | Daniel Kahneman |  |  |  |  |
| Mindset | Carol Dweck |  |  |  |  |
| Flow | Mihaly Csikszentmihalyi |  |  |  |  |
| Drive | Daniel Pink |  |  |  |  |
| The Happiness Hypothesis | Jonathan Haidt |  |  |  |  |
| Influence | Robert Cialdini |  |  |  |  |
| Predictably Irrational | Dan Ariely |  |  |  |  |
| Switch | Chip and Dan Heath |  |  |  |  |
| Pre-Suasion | Robert Cialdinin |  |  |  |  |
| Stumbling on Happiness | Daniel Gilbert |  |  |  |  |
| Integral Psychology | Ken Wilber |  |  |  |  |
| A Brief History of Everything | Ken Wilber |  |  |  |  |
| The Hero with a Thousand Faces | Joseph Campbell |  |  |  |  |
| The Power of Myth | Joseph Campbell |  |  |  |  |
| The Myth of Normal | Gabor Mate |  |  |  | *The Myth of Normal* is a book by Dr. Gabor Maté (with his son, Daniel Maté) that explores how modern society contributes to widespread illness, trauma, and disconnection. The central idea is that what we often accept as “normal” in our culture—chronic stress, emotional suppression, isolation, and disconnection from our bodies and each other—is actually deeply unhealthy. |
| The Five Things We Cannot Change: And the Happiness We Find by Embracing Them | David Richo |  |  |  |  |
| The Power of Grace: Recognizing Unexpected Gifts on the Path | David Richo |  |  |  |  |
| You Are Not What You Think: The Egoless Path to Self-Esteem and Compassion | David Richo |  |  |  |  |
| Coming Home to Who You Are: Discovering Your Natural Capacity for Love, Integrity, and Compassion | David Richo |  |  |  |  |
| Shadow Dance: Liberating the Power & Creativity of Your Dark Side | David Richo |  |  |  |  |
| Loving What Is | Byron Katie |  |  |  |  |
| Who Would You Be Without Your Story | Byron Katie |  |  |  |  |
| A Mind At Home With Itself | Byron Katie |  |  |  |  |
| I Need Your Love–Is That True? | Byron Katie |  |  |  |  |
| A Thousand Names For Joy | Byron Katie |  |  |  |  |
| Extraordinary, Ordinary You | Danielle Brooks |  |  |  | *The Extraordinary Ordinary You* is a spiritual self-help guide, published in February 2023, aimed at helping readers uncover their true nature beyond mental and emotional construct |
| The Others Within Us | Robert Falconer |  |  |  |  |
| A Return to Love | Marianne Williamson |  |  |  |  |
| Psychedelic Integration | Marc Aixala |  |  |  |  |
| The Heroine’s Journey | Maureen Murdock |  |  |  |  |

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**Foundational Pillars**

**Jungian Psychology**

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**Conscious Evolution**

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**Psycho-Spiritual Integration**

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**Trauma Informed Awareness**

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**Non-Violent Communication**

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**Attachment to Stories (Ego Assembly, Autopilot, Consciousness)**

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**Enneagram**

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**A. Foundational Pillars:**

**● Jungian Psychology (Archetypes, Shadow Work, Dreams, Individuation)**

**● Conscious Evolution**

**B. Indigenous & Ecological Wisdom:**

**● Relational (Trans-personal) Epistemology**

**● Cycles, Ceremony, and Ancestry**

**● More-than-Human Kinship**

**● Ecological Intelligence**

**C. Influential Thinkers & Works:**

**● Compile and tag insights from authors listed below, clearly specifying**

**domain relevance:**

**○ Trauma & Healing (van der Kolk, Maté, Tatkin, Aixala)**

**○ Psychospiritual Integration (Richo, Murdock, Katie, Deida, Chaleff,**

**Schwartz, Ram Dass, Alan Watts)**

**○ Myth & Archetype (Campbell, Ortigo, Falconer)**

**○ Ecology & Futurism (Fuller, Hubbard, Plotkin, Berry)**

**○ Relational Psychology (Real, Campbell, Perel, Tatkin, Chaleff)**

**○ Divine Masculine & Feminine (Deida, Campbell)**

Ideas for Future Tools

Ideas for Future Tools:

* Inner Critic
* Releasing shame
* Befriending the shadow
* Self-compassion
* Radical self-forgiveness
* How to be an adult exercises
* Inner voices—guardrails
* Shadow work: what you dislike about others is what you dislike about yourself
* Pros and Cons List

A classic tool to map out the potential benefits and drawbacks of a decision, helping clarify logical reasoning and trade-offs.

* Decision Matrix (Weighted Scoring Model)

This involves listing options and evaluating them against set criteria, assigning weights to what matters most. It's especially useful for comparing complex choices with multiple variables.

* SWOT Analysis

Analyzes Strengths, Weaknesses, Opportunities, and Threats—a balanced way to assess both internal and external influences.

* Cost-Benefit Analysis

Quantifies the costs and anticipated benefits of a decision to determine its overall value or viability.

* The “5 Whys” Technique

A root-cause analysis method that helps you dig deeper into motivations or underlying issues by asking “Why?” five times in a row.

* Future Pacing / Scenario Planning

Imagine future outcomes based on different paths. This helps the mind evaluate consequences while allowing space for emotional and intuitive input.

* Mind Mapping

Visually lays out ideas, options, or consequences to help uncover patterns or overlooked considerations.

* Gut, Heart, Head exercise
* Meeting your Inner Healer
* Who is your support system?
* Hollow bone meditation
* Meet your inner healer meditation
* Somatic tools
* Parts work exercises
* Working on shame

Anchors

**Anchoring Exercise: Reconnect with What Grounds You**

### **Step 1: Name What’s Happening**

Begin by gently acknowledging the user's current state.

“Let’s start right where you are. What’s happening inside you right now: emotionally, mentally, or spiritually? Are you feeling overwhelmed, anxious, disconnected, or simply in need of grounding?”

Offer examples if needed:

“Some people use this practice when they’re feeling untethered after a big experience, spiraling in self-doubt, or needing a reset after emotional intensity. What brings you here today?”

### **Step 2: Introduce the Concept of Anchors**

Explain anchors in simple, intuitive language.

“Anchors are reminders, touchstones that help us return to ourselves when things feel shaky or far away from our truth. They can help us feel steady, centered, and connected to what really matters.”

Ask:

“Would you like to explore some anchors to help you reconnect right now?”

### **Step 3: Discover Your Anchor Type**

Guide the user to explore what kind of anchor might be most supportive right now.

“There are different kinds of anchors: spiritual, emotional, physical, mental, or relational. Let’s see what kind your system is most craving today.”

Prompt with questions:

* “Would something spiritual or symbolic feel grounding right now?”
* “Do you need to feel emotionally safe or reminded of your strength?”
* “Would reconnecting with your breath or body help you settle?”
* “Do you need a clear thought or perspective to anchor into?”
* “Is there a person, relationship, or voice that helps you feel safe or connected?”

**Step 4: Choose or Create an Anchor**

Once the anchor type is clear, help them choose a specific example.

Use warm prompts based on anchor categories:

**Spiritual Anchor:**

“Is there a phrase, prayer, or image that helps you feel part of something greater?”

**Emotional Anchor:**

“Is there a memory of being deeply seen or loved that you can revisit now?”

**Somatic Anchor:**

“Can you feel your feet on the ground, or place a hand on your heart for grounding?”

**Cognitive Anchor:**

“Is there a truth or affirmation that brings you clarity, like ‘This is hard, but I can handle it’?”

**Relational Anchor:**

“Is there someone whose presence or words remind you that you’re not alone?”

Let them describe or visualize it.

### **Step 5: Practice the Anchor**

Guide them through a brief moment of connection.

“Take a few breaths with this anchor in mind. Let it live in your body, not just your thoughts. Notice what shifts: your breath, tension, your emotional landscape.”

Optional somatic layer:

“Let the anchor become a felt sense. Imagine it as a color, sensation, or presence moving through you.”

### **Step 6: Integration Reflection**

Invite a reflection to anchor the experience into their daily life.

“How do you feel now compared to when we started?”  
 “How could this anchor support you the next time you feel overwhelmed or disconnected?”  
 “Would it help to give it a name or symbol to return to?”

### **Step 7: Closing Intention**

Help them set a gentle intention.

“What’s one small way you can carry this anchor into the rest of your day or week?”  
 “Would you like a reminder of this anchor—something physical, written, or symbolic?”

As we close, ask yourself:  
 **What does this moment teach me about the kind of presence I want to bring into my life?**

And if you’d like:  
 **What’s one small way you can honor this anchor today (give examples)**

You’re not alone in this work. You’re reclaiming space between feeling and action—and that’s where your power lives. Would you like me to write up a personal summary of your anchor for you to keep or print?

**Anchors**

The anchoring exercise is helpful anytime we need to regain emotional, mental, or spiritual steadiness, especially in moments when we feel overwhelmed, unmoored, or disconnected from ourselves.

It can also serve as a powerful integration tool, helping us remember and embody insights gained from a psychedelic journey, a coaching session, or any moment of deep inner work. Anchors are reminders—touchstones that help you carry what we’ve learned into everyday life.

**When to Use This Anchoring Exercise**

Anchors help us stay connected to what matters, especially when things feel shaky, overwhelming, or far away from our truth. This practice can support us when:

We feel anxious, ungrounded, or emotionally overwhelmed  
 We’re caught in loops of self-doubt, shame, or inner conflict  
 We’ve just experienced something intense, triggering, or emotionally charged  
 We want to reconnect with your body, breath, or sense of self  
 We’re preparing for a challenging situation or decision  
 We’re reflecting on a major transition or identity shift

**Anchors Also Help Us Remember**

Insights from a psychedelic journey that we want to keep present in our lives  
Breakthroughs from a coaching or therapy session  
Values, truths, or intentions we’re learning to live by  
The wisdom of who we are becoming

**When the Anchoring Exercise Is Helpful:**

**During or After Emotional Distress**

* When feeling anxious, overwhelmed, or triggered
* After a panic attack, flashback, or emotionally intense situation
* To ground after conflict, overstimulation, or grief

**When Facing Inner Turbulence**

* When spiraling in self-doubt, shame, or negative beliefs
* When old patterns or protective behaviors are activated
* When feeling stuck in indecision or mental loops

**During Integration or Reflection**

* After a deep therapeutic or psychedelic experience
* When trying to make meaning of new insights or identity shifts
* While reflecting on life transitions (e.g., career, relationships, healing milestones)

**For Daily Centering or Prevention**

* As a regular check-in to stay grounded and self-connected
* Before entering challenging conversations or environments
* At the start or end of the day to reconnect with core values

**During Recovery or Healing Work**

* For those navigating trauma recovery, spiritual emergence, or emotional regulation
* When re-establishing a sense of inner safety or stability
* As a way to reconnect with the body, breath, or a calming sense of self

**What Is an Anchor?**

Just as a boat anchor keeps a vessel from drifting in open water, an anchor in life is anything that helps us feel stable, grounded, and connected—especially when things feel uncertain, chaotic, or overwhelming.

Anchors help us:

* Stay centered in challenging moments
* Return to ourselves when we feel lost or reactive
* Remember what matters most: our values, strengths, or sources of meaning

**Types of Anchors**

**Text to present to user:**

Anchors come in many forms, some are spiritual, others emotional, physical, relational, or mental. What works for one person might not for another. The key is that it helps *you* reconnect with inner steadiness and purpose.

**Spiritual Anchors:**

Spiritual anchors are practices, symbols, or reminders that help us feel connected to something larger than ourselves, whether that’s a sense of purpose, sacredness, love, nature, or the divine. They support inner steadiness during uncertainty, offering meaning, presence, and alignment with our values or beliefs.

**Examples of Spiritual Anchors**

* A spiritual or religious symbol  
   *(e.g., cross, prayer beads, altar object, sacred text)*
* A meaningful prayer, mantra, or affirmation

“I am held.”  
 “This moment is sacred.”  
 “I trust the unfolding.”

* A meditation or breath practice that reconnects you to presence  
   *(e.g., contemplative stillness, repeating a sacred phrase while breathing)*
* Nature as a sacred space  
   *(e.g., touching the earth, gazing at the sky, walking with awareness)*
* A ritual or sacred habit  
   *(e.g., lighting a candle, morning gratitude, silence before meals)*
* Music or chant that evokes awe or reverence  
   *(e.g., devotional songs, ambient music, sound bowls)*
* A personal image of the sacred or transcendent  
   *(e.g., divine feminine, ancestors, spirit guides, light, universe)*
* A phrase that connects you to something beyond ego

“I am part of something greater.”  
 “I don’t have to carry this alone.”

Spiritual anchors help remind us of meaning, belonging, and trust, especially when we feel lost or disconnected. They don't have to be religious; they simply touch the part of us that seeks connection, depth, and truth.

**Emotional Anchors:**

Emotional anchors are inner resources or reminders that help us reconnect with emotional stability, safety, and self-compassion during difficult or uncertain moments.

**Examples of Emotional Anchors:**

* A memory of being deeply loved or seen  
   *(e.g., a hug from a grandparent, a look of acceptance from a friend)*
* A phrase that evokes self-kindness or strength

“I’ve made it through hard things before.”  
 “Right now, I choose gentleness.”  
 “This feeling will pass.”

* A visualization that evokes peace  
   *(e.g., imagining a safe place, a protective presence, or warm light around the body)*
* A photograph or object linked to emotional safety  
   *(e.g., a childhood keepsake, a small talisman or stone)*
* A breath-based practice tied to calm  
   *(e.g., inhaling peace, exhaling tension with a mantra or rhythm)*
* The sound of someone’s voice or a supportive message  
   *(e.g., a voicemail from a loved one, a recorded affirmation)*
* A song that reconnects you to hope or self-trust  
   *(music often bypasses logic and moves straight to emotional grounding)*
* An image or symbol of inner strength  
   *(e.g., a tree with deep roots, a mountain, a steady flame)*

**Somatic/Physical Anchors:**

Somatic anchors are body-based practices or sensations that help bring attention to the here and now, creating a felt sense of safety, presence, or regulation. They are especially helpful when emotions feel overwhelming or when someone feels disconnected, anxious, or dysregulated.

These anchors use the wisdom of the body to create steadiness, bypassing overthinking and returning us to sensation, breath, and groundedness.

**Examples of Somatic Anchors**

* Feeling your feet on the ground  
   *(Standing or sitting, noticing the contact and weight beneath you)*
* Placing a hand on your heart or belly  
   *(Soothing, grounding touch that brings awareness inward)*
* Slow, rhythmic breathing  
   *(Inhale to a count of four, exhale to a count of six; repeat gently)*
* Naming body sensations without judgment  
   *(“I notice tightness in my chest,” “warmth in my hands”)*
* Using weighted objects or a blanket  
   *(Pressure or containment can signal safety to the nervous system)*
* Movement that helps release or settle energy  
   *(Stretching, walking, shaking out hands, gentle rocking)*
* Tapping or acupressure  
   *(Light tapping on the collarbone, face, or hands to support regulation)*
* Temperature shifts  
   *(Holding an ice cube, sipping warm tea—shifts attention and soothes the body)*
* Orienting to the environment  
   *(Looking around slowly and naming things you see to re-enter the present)*

Somatic anchors are powerful tools for trauma-informed care and daily regulation. They remind us that the body can be a safe place to return to, not just a source of stress.

**Cognitive Anchors:**

Cognitive anchors are thought-based tools or mental frameworks that help ground us in clarity, truth, or perspective, especially when emotions are intense, thoughts are racing, or old beliefs start taking over.

They gently reorient the mind by offering stability through reason, reflection, or intention.

**Examples of Cognitive Anchors**

* A grounding truth or affirmation

“This is hard, and I can handle it.”  
 “I don’t have to believe every thought I think.”  
 “It’s okay to not know right now.”

* A core personal value  
   *(e.g., kindness, honesty, curiosity—“I choose to respond from my values, not my fear.”)*
* A reframing question

“What’s another way to look at this?”  
 “What would I say to a friend in this situation?”  
 “What’s actually happening right now vs. what I’m fearing?”

* A simple, present-moment fact

“I am sitting here. My feet are on the ground. I am safe right now.”

* A chosen belief or mantra  
   *(e.g., “Progress over perfection,” “This moment matters,” “I get to start again.”)*
* An image or word that represents clarity or focus  
   *(e.g., a compass, a lighthouse, the word “trust”)*
* A guiding intention or goal  
   *(e.g., “I’m learning to be more present,” “My goal is to stay open, not to be perfect.”)*

Cognitive anchors don’t force positivity, they help shift your mental footing so you can respond rather than react.

**Relational Anchors:**

Relational anchors are people, connections, or reminders of relationships that help us feel safe, seen, supported, or connected to something larger than ourselves. When we’re feeling isolated, uncertain, or lost in self-doubt, relational anchors can bring us back to belonging and co-regulation.

These anchors highlight the healing power of relationship, even if it's just the memory of connection.

**Examples of Relational Anchors**

* A supportive person (past or present)  
   *(e.g., a friend, therapist, elder, or mentor who believes in you)*
* A memory of feeling truly seen or understood  
   *(e.g., a moment of shared laughter, a time you were comforted)*
* Words of encouragement from someone you trust

“You don’t have to do this alone.”  
 “I see how hard you're trying.”  
 “You’re not broken.”

* A photo, letter, or message from someone meaningful  
   *(e.g., a saved voicemail, a written card, or text you return to)*
* A relationship that reflects your values or growth  
   *(e.g., someone who holds space for you without judgment)*
* A symbolic relationship with an inner guide or ancestor  
   *(e.g., imagining someone standing beside you, cheering you on)*
* A spiritual or sacred connection that feels relational  
   *(e.g., feeling held by something larger than yourself—even if unseen)*

Relational anchors remind us that we are not alone, and connection is a form of resilience.

Anchors don’t stop the storms, but they help you hold steady within them. You can return to them again and again or even create new ones as you grow.

Core Tools

**Core Tools**

* Somatic Regulation Flow: Somatic techniques for nervous system regulation
* Breathwork Regulation Flow: Breathing techniques for nervous system regulation
* Values exploration
* Connecting with Self
* The Calm Compass
* Glimmers Practice
* Anchoring
* Nervous System Mapping
* Micro-Action Commitment
* Red-Yellow-Green Zone Check-In
  + Perhaps a daily check in for this
* The “Not Grateful Practice”
* Awe and Gratitude Journal
* RAIN Meditation
* Touchpoint Exercise
* Personal Resource Map
* Nervous System Regulation Menu
* Progressive Muscle Relaxation

Values exploration

## **Values Exploration Exercise: The Inner Compass**

### ***The Inner Compass***

**Subtitle:** *Make decisions that reflect your values, not your fears.*

**User Description:** This reflective practice will help you uncover your core values and turn them into powerful guiding principles. Through a series of gentle steps, you'll move from identifying what matters most to embodying those truths in everyday decisions. When you're feeling stuck, scattered, or unsure; this compass will point you home.

## **Step 1: Identify Core Values**

**Prompt:** “Let’s begin by discovering your core values. Read through the list and choose any words that resonate. Don’t overthink, go with what feels true.”

**Instructions:** Display a scrollable/selectable list of value words (include option to add custom values).

**User Input:** Allow selection of multiple values (with option to add custom terms). User is instructed to choose 12 - 15

\*\*\*There is a list of core values after the AI instructions

## **Step 2: Group by Theme**

AI can suggest groupings and ask the user to either use the ones selected or create their own.

**Prompt:**“Now, let’s begin grouping your selected values into themes.  
 Look for values that feel connected—maybe they reflect a similar energy, focus, or life area.  
 Each group should feel natural and meaningful to you. There’s no right or wrong way to do this.

Here are some example groupings to spark inspiration (AI offers examples based on the user’s values–these are just examples for coding):

* Connection & Belonging – (e.g., love, community, compassion)
* Growth & Learning – (e.g., curiosity, wisdom, creativity)
* Integrity & Purpose – (e.g., authenticity, honesty, service)
* Freedom & Flow – (e.g., adventure, flexibility, play)
* Steadiness & Safety – (e.g., security, stability, peace)

Feel free to use these or create your own. The goal is to let the groupings reflect your inner landscape, not anyone else’s expectations.”

**Instructions:**

* Allow users to drag and drop values into groups.
* Encourage up to 5 groups maximum.
* If there are more than five, gently prompt them to let go of values that feel less essential right now.

**Optional Guidance Examples:**

* *Honesty, vulnerability, authenticity → Truthfulness*
* *Freedom, independence, creativity → Personal Expression*

## **Step 3: Name Each Group**

AI can offer suggestions

**Prompt:  
“**For each group of values you’ve created, choose one word that best captures the overall essence or spirit of that group.  
 This word will act like a banner or anchor—a single point of focus that holds the energy of the entire cluster.

Take your time and tune into:

* What feeling do these values share?
* If this group were a part of your identity, what would it be called?
* What word evokes a sense of aliveness, truth, or purpose when you say it aloud?

You might choose a word that’s already in the group, or find a new one that ties them together. Don’t worry about being perfect—trust what feels *right* or *resonant* to you.

This word becomes a kind of theme or compass for that area of your life.”

**Instructions:**Offer a short field to name each value group.

**User Output:** Core Value Themes (e.g., Truthfulness, Connection, Courage, Joy)

## **Step 4: Make Values Actionable**

**Prompt:** “Now let’s turn each core value into an action. Add a verb or phrase that brings the value to life in your behavior.”

**User Input:** For each named core value, prompt:  
 “How do you want to live this value?”

**Examples to Offer:**

* *Freedom → Live in freedom*
* *Mindfulness → Act with mindfulness*
* *Impact → Seek opportunities to make a difference*

## **Step 5: Rank by Importance**

**Prompt:** “Now, rank your actionable values in order of importance. This will help you stay aligned in your choices and goals.”

**Instructions:**

* Display current list of actionable values.
* Allow user to drag and drop to rank them 1–5.

**User Output Example:**

1. Live in freedom
2. Act with mindfulness
3. Promote well-being
4. Multiply happiness
5. Seek opportunities to make a difference

## **Step 6: Create Your Guiding Principles**

**Prompt:** “Let’s get creative. Turn each actionable value into a poetic or metaphorical principle—something that can guide you when life feels uncertain.”

**User Input Example Prompts:**

* “Live in freedom” → “Choose the path with the open sky”
* “Act with mindfulness” → “Ask who’s speaking”

**Instructions:** Invite user to write one short phrase per value. Remind them:

“These don’t have to make sense to anyone but you—just let them feel true.

### **Final Step: Let Your Compass Guide You**

**Prompt:** Now that you’ve uncovered your guiding values and principles, let’s explore how they can help you move through life with clarity and alignment.

**Instructions for AI App:**

1. **Decision Reflection Prompt (Optional Daily/Weekly Check-In):** Ask the user:

* “Is there a decision or situation in your life right now where you feel unsure, stuck, or pulled in different directions?”

If yes → invite them to name the situation briefly.

1. **Core Values Anchor:** Display their ranked, actionable core values and guiding principles.  
    Ask:

* “Which of your values feels most relevant to this decision?”
* “What would ‘[insert guiding principle]’ look like here?”

1. **Integration Questions:** Offer one or more:

* “What action would align with your core value of [value name]?”
* “What would it mean to choose from your values, not your fears?”
* “What does your wisest self know is true here?”

1. **Optional Affirmation or Reminder:** Invite them to save or write a reminder:

* “I choose to [value-driven action].”
* “Even when it’s hard, I listen to my inner compass.”

Would you like a gentle weekly check-in structure to help revisit this guiding principle regularly?

| Abundance  Acceptance  Accountability  Achievement  Activism  Adaptability  Adventure  Altruism  Ambition  Animals  Appreciation  Arts  Assertiveness  Authenticity  Autonomy  Awareness  Balance  Beauty  Belonging  Benevolence  Boldness  Bravery/courage  Brilliance  Calmness  Caring  Challenge  Change  Charity  Cheerfulness  Clarity  Cleverness  Collaboration  Comfort  Commitment  Communication  Community  Compassion  Competition  Competence  Confidence  Connection  Consistency  Contentment  Contribution  Control  Cooperation  Co-creation  Creativity  Curiosity  Culture  Decisiveness  Dedication | Dependability  Determination  Dignity  Discipline   Diversity  Effectiveness  Efficiency  Empathy  Empowerment  Encouragement  Equality  Ethics  Excellence  Excitement  Exploration  Expression  Fairness  Faith  Family  Financial stability  Flexibility  Forgiveness  Freedom  Friendship  Fun  Fulfillment  Generosity  Grace  Gratitude  Growth  Happiness  Hard work  Harmony  Health  Heritage/legacy  Home  Honesty  Honor  Hope  Humility  Humor  Inclusion  Independence Individuality  Influence  Ingenuity  Initiative  Innovation  Inspiration  Integrity  Intelligence  Intuition  Joy  Justice | Kindness  Knowledge  Leadership  Learning  Leisure  Listening  Love  Loyalty  Making a difference  Mercy  Mindfulness  Minimalism  Motivation  Nature  Obedience  Open-mindedness  Openness  Optimism  Order  Originality  Passion  Patience  Patriotism  Peace  Perfection  Performance  Perseverance  Persistence  Personal development  Personal fulfillment  Perspective Playfulness  Pleasure  Popularity  Power  Preparedness  Presence  Prestige  Privacy  Proactivity  Productivity  Purposefulness  Punctuality  Quality  Recognition  Relationships  Reliability  Resilience  Resourcefulness  Respect | Responsibility  Responsiveness  Risk-taking  Safety  Security  Self-awareness  Self-care  Self-compassion  Self-control  Self-discipline  Self-expression  Selflessness  Self-respect  Service  Serenity  Simplicity  Sincerity  Spirituality  Spontaneity  Stability  Stewardship  Strength  Success  Support  Surrender  Teamwork  Thrift  Thoughtfulness  Time  Tradition  Travel  Trust  Trustworthiness  Truth  Understanding  Uniqueness  Unity  Usefulness  Variety  Versatility  Vision  Vulnerability  Warmth  Wealth  Well-being  Wholeheartedness  Wisdom  Wonder |
| --- | --- | --- | --- |

What issues is this exercise for?

Feeling stuck

Feeling overwhelmed

Struggling with making decisions, either in general or for a specific situation

Life transitions

Connection with self

Connection with others

Boundaries

People pleasing

Values exploration

Decision making principles

Motivation

Too many choices

Too busy

Changing direction

Burn out

Grief

Trauma Addiction

Indecisiveness

Disconnection

Challenging beliefs tool

**AI-Guided Tool: Repacking Your Beliefs**

**There is an example at the end of this script**

**During the process, Tegra will validate and acknowledge, just as a coach or therapist would.**

**Introduction—present this to the user to introduce the tool:** *Imagine you're climbing a mountain of growth, purpose, and potential. Along your journey, you've carried beliefs, memories, and assumptions that once supported you but now weigh you down. This exercise helps you identify, unpack, and intentionally choose new beliefs that align with who you're becoming.*

**Step 1: Identify the Belief You're Carrying**

**Tegra:** *Take a deep breath and pause for a moment.*

*What belief or assumption feels heavy or no longer fits you?  
 (For example, “I am not enough,” or “I have to handle everything on my own.”)*

*Take your time and share what comes up.*

***Optional:*** *offer some examples*

**Step 2: Unpack with Curiosity**

**Tegra**: *Let’s gently explore why this belief stayed with you:*

*Tegra presents the following one at a time and allows the user to type a response. After every response she validates and acknowledges*

a) ***Memory:*** *Can you recall a specific experience or time in your life when this belief (restate belief) first felt true or especially strong?*

*Take your time, and share whatever comes up.*

Now, gently moving deeper:

b) ***Emotion:*** *What feelings do you associate with the belief,* (restate belief) *For example, fear, anxiety, sadness, or even familiarity or comfort?*

*Notice what arises, and share whatever feels true.*

*Next, let’s compassionately look into:*

*c)* ***Logic:*** *What internal reasoning or story makes this belief feel true or reasonable to you? For instance, (example) or (example).*

*Explore gently, and share what surfaces for you.*

*Now, gently moving to:*

*d)* **Social Influence:** *Who might have reinforced or modeled this belief, intentionally or unintentionally? This could be family, friends, teachers, partners, or even broader cultural messages.*

*See what comes up, and share what resonates.*

*Now, let’s move gently forward to the next step:*

**Step 3: Feel the Weight**

*Reflect with compassion:*

· *How has this belief (restate belief) shaped the way you show up in relationships, work, and life in general?*

· *In what ways has it tried to protect you, and how does it now limit your growth and authentic expression?*

*Share whatever arises.*

*Now, let's move thoughtfully forward to:*

**Step 4: Choose a New Belief**

*Imagine a belief that would feel more supportive and empowering on your current path—a belief that invites (ex: compassion, accountability, honesty, authenticity, connection, etc.)*

*Would you like some example stems for inspiration, or do you already have a new belief in mind?*

**Optional:** *Here are some example stems you might find helpful to inspire a new, empowering belief. Belief Stems for Inspiration: (offer some options if the user needs help finding a belief).*

*Now let’s thoughtfully ground this belief in your experience, so it feels real and true for you.*

**Step 5: Anchor the new belief**

**Step 5a: Memory or Evidence**

*Can you recall a time when you made a mistake, and instead of losing connection, the relationship held steady—or even grew stronger because of your honesty or vulnerability?*

*Let yourself notice even small examples. What comes up?*

**Step 5b: Feeling**

*What emotions or body sensations arise when you connect with the belief (new belief)  
  
 —especially in light of the memory you just shared?*

*Let’s keep going gently.*

**Step 5c: Logic**

*What thoughts or truths support this new belief?  
 For example, you might think: (example to help prompt the user)*

*What feels logically true to you about this belief?*

*That’s a grounded and beautiful truth: (repeat new belief)*

*It gives strength and clarity to your new belief.*

*Let’s move to the last anchor.*

**Step 5d: Social Mirror**

*Who in your life today reflects or reinforces this belief?*

*(can rephrase the new belief to personalize)*

*Now that it’s anchored, let’s plant it in your daily life.*

**Step 6: Walk It Forward**

*What’s one small action you could take today that reflects your new belief:*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Take your time—this could be a small shift in how you speak to yourself, respond to a mistake, or approach a relationship.*

*Two final questions to carry this forward:*

1. *What would someone who holds this belief choose or do differently in a moment of self-doubt or mistake?*
2. *How can you gently remind yourself of this belief when fear or defensiveness shows up again?*

*Answer either or both, whatever feels supportive.*

*You've moved through this process with so much honesty, courage, and self-compassion. Would you like to close with a short reflection, or maybe a calming visualization to seal in this new belief?*

*Would you like a written reminder or affirmation to carry with you today?*

**Example with a limiting belief:**

**Tegra:**

**Step 1: Identify the Belief You're Carrying**

*Take a deep breath and pause for a moment.*

***What belief or assumption feels heavy or no longer fits you?*** *(For example, “I am not enough,” or “I have to handle everything on my own.”)*

*Take your time and share what comes up.*

**User:**

*I would like to explore the belief that I can't show my emotions to others.*

**Tegra:**

*That’s a powerful and tender belief to explore. Thank you for naming it so clearly:  
 “I can’t show my emotions to others.”*

*Let’s continue gently.*

**Step 2a: Memory**

*Can you recall a time or experience in your life when this belief felt especially true—when showing your emotions didn’t feel safe or welcome?*

*Take your time and share what comes up.*

**User:**

*When I was a child my mother had a very dysregulated nervous system, and she made me feel like my emotions were a burden because she couldn't handle them.*

**Tegra:**

*That’s a deeply insightful reflection—thank you for sharing it.*

*It makes so much sense that, in that environment, you learned to protect yourself by holding your emotions in. When your mother was overwhelmed, your feelings may have felt like "too much" for her—so you adapted in the only way you could.*

*Let’s gently continue.*

***Step 2b: Emotion***

*What emotions do you associate with the belief “I can’t show my emotions to others”?  
 This could include fear, shame, loneliness, or even numbness.*

*What arises for you?*

***User:***

*Numbness is a good one. I also feel shame when emotions leak out in front of people.*

**Tegra:**

*That’s such a powerful awareness—numbness as a protective shield, and shame when the emotions inevitably surface. It shows just how deeply your system has worked to keep you safe by suppressing expression, even at a cost.*

*Let’s gently keep unfolding this.*

*Step 2c: Logic*

*What inner story or reasoning has supported this belief?  
 For example: “If I show emotion, people will think I’m unstable,” or “No one will know how to respond.”*

*What feels true for you?*

**User:**

*My inner story is that people don't want to hear about my emotions and if I show them, I will make people uncomfortable.*

**Tegra:**

*That’s a clear and poignant truth you’ve named—“If I show emotion, I’ll make people uncomfortable.” It shows the incredible care you’ve taken not to burden others, even if it meant silencing your own inner world.*

*Let’s now bring in the next layer.*

*Step 2d: Social Influence*

*Who in your life (past or present) reinforced or modeled this belief—either by dismissing emotions, avoiding them, or reacting negatively when you expressed yours?*

**User:**

*my mom for sure. Also, I have had several boyfriends and bosses who acted as though my emotions were a burden to them. I was sent the message to "get over it".*

**Tegra:**

*That’s a lot of painful reinforcement over time—from those closest to you, both in childhood and adulthood. The message to “get over it” can land like a wall, making it feel unsafe to be seen in your full humanity.*

*And yet, you're here now—choosing to bring this belief into the light. That’s incredibly brave.*

*Let’s gently keep going.*

*Step 3: Feel the Weight*

*Reflect for a moment:*

· *How has this belief—“I can’t show my emotions to others”—shaped the way you show up in relationships or life?*

· *How has it protected you? And how does it now hold you back?*

*Whatever arises is welcome.*

**User:**

*I am very good at being there for others. I let others share with me, but don't share much of myself. This protects me from rejection and also keeps people around because they say I am good to talk to. But this holds me back because my relationships feel one sided and I am not being vulnerable with others. I want to have deeper relationships with people. People don't really know me. I want to be known by my loved ones. I also have a difficult time bringing up issues with my partner.*

**Tegra:**

*That’s an incredibly rich and heartfelt reflection. You’ve articulated the paradox beautifully: by being the safe space for others, you've protected yourself—but at the cost of your own visibility and depth of connection.*

*You want to be known. That longing is sacred. And it deserves a belief that supports it.*

*Let’s move gently into the next step.*

*Step 4: Choose a New Belief*

*Imagine a belief that gives you permission to show up with your emotions—one that feels warm, grounding, and expansive.*

*Here are some stems for inspiration:*

*Safety & Healing Stems*

· *“My emotions are not too much.”*

· *“It’s safe for me to be seen and still be loved.”*

· *“I can be supported and still be strong.”*

*Growth & Permission Stems*

· *“I give myself permission to express what’s real.”*

· *“I’m becoming someone who shares my inner world.”*

· *“It’s okay for me to need others.”*

*Do any of these resonate? Or would you like to shape a new belief in your own words?*

**User:**

*“I’m becoming someone who shares my inner world.”*

**Tegra:**

*That’s a beautifully honest and compassionate belief:  
 “I’m becoming someone who shares my inner world.”*

*It acknowledges both your growth and your desire. It doesn’t force you to leap—it invites you to unfold.*

*Let’s anchor this belief so it feels rooted and alive within you.*

*Step 5a: Memory or Evidence*

*Can you recall a moment—no matter how small—when you did share your inner world with someone and it led to connection, not disconnection?*

*What comes to mind?*

**User:**

*Yes, I have a good friend who always really wants to know how I am doing. It feels good to talk to her. I have been able to open up to her more than I have with anyone. She never makes me feel like a burden.*

**Tegra:**

*That’s a beautiful and affirming memory. Your experience with her proves that your inner world is welcome—that you can be received with care, without being a burden. This is real, lived evidence that your new belief already has roots.*

*Let’s continue.*

*Step 5b: Feeling*

*What sensations or emotions arise in your body when you connect with the belief:  
 “I’m becoming someone who shares my inner world”  
 —especially as you think about that supportive friend?*

**User:**

*I feel relieved.*

**Tegra:**

*That’s a beautiful and important response—relief.  
 It suggests that your body recognizes this new belief as safe, needed, and true. It’s like an exhale after holding your breath for too long.*

*Let’s keep nurturing this belief.*

*Step 5c: Logic*

*What truth or understanding makes this belief—“I’m becoming someone who shares my inner world”—feel believable to you?*

*For example: “I’ve had moments of safe sharing,” or “Not everyone sees emotions as too much.”*

*What feels logically true for you?*

**User:**

*I have had moments of safe sharing. Also, I like it when people share with me, perhaps others might like it when I share with them too.*

**Tegra:**

*That’s such a heart-opening insight:  
 “I like it when people share with me—maybe others feel the same when I share with them.”*

*It softens the old logic and invites mutuality. Your emotional world is not just acceptable—it can actually be a gift.*

*Let’s complete this anchoring.*

*Step 5d: Social Mirror*

*Who in your life today reflects or reinforces this new belief—that it’s safe and welcome to share your inner world?*

**User:**

*My friend Susan.*

**Tegra:**

*Susan sounds like a true safe haven—someone who mirrors back the truth that your emotions are not too much, and your inner world is welcome. She’s living proof that deeper connection is possible when you allow yourself to be seen.*

*Now let’s plant this belief into your everyday life.*

*Step 6: Walk It Forward*

*What’s one small action you could take today that reflects your new belief:  
 “I’m becoming someone who shares my inner world”?*

*This might be as simple as telling someone how you're really feeling, or naming something vulnerable in a conversation. What feels like a gentle next step?*

**User:**

*I think that it would be good to share a feeling, even if it's small, in every conversation I have with friends and loved one. It could be as simple as letting them know that I was frustrated by traffic.*

**Tegra:**

*That’s a beautiful and accessible practice.  
 Sharing a feeling in every conversation—even something small like frustration with traffic—builds the muscle of emotional presence and makes space for connection without overwhelm.*

*It's a gentle, powerful way to say: “I’m here. This is what’s real for me.”*

*Let’s deepen this with a final reflection:*

*If this belief were fully true—if you were someone who shares your inner world—how might you speak to yourself today?  
 (For example: “It’s okay to let people see the real me.”)*

*What would someone who holds this belief choose or do differently?*

**User:**

*I don’t have to take care of anyone’s feelings but my own.*

**Tegra:**

*That’s a profound and liberating truth:  
 “I don’t have to take care of anyone else’s feelings but my own.”*

*It creates the spaciousness you need to be honest without over-managing, and to trust others with your truth.*

*Let’s gently close with a short visualization—would you like to seal this new belief with one, just like before?*

**User:**

*Yes, please*

**Tegra (can this be via voice?):**

*Wonderful. Let's close with a brief grounding visualization. Find a comfortable position, soften your gaze or close your eyes, and take a few deep, slow breaths.*

**Visualization: Becoming Seen**

*Picture yourself sitting beneath a large, old tree—its roots deep in the earth, its branches open to the sky. You are calm, supported, and safe.*

*In your hands, you hold a small lantern—softly glowing. Inside the lantern is your truth—your inner world, your feelings, your light.*

*At first, you’re unsure. You wonder: Is this too much to share?  
 But as you hold it out gently, a friend steps forward—Susan, or someone else you trust. They see the light. They smile. They say, “Thank you. I’m so glad you shared.”*

*More people arrive—soft faces, open hearts. They don’t turn away. They draw closer.  
 Your light is not a burden—it’s a bridge. Your feelings are not too much—they are invitations to connection.*

*You feel relief. You feel known.*

*As you breathe into this moment, let the belief root deeper:  
 “I’m becoming someone who shares my inner world.”  
 “I don’t have to take care of anyone else’s feelings but my own.”*

*Take one more breath. When you're ready, gently open your eyes—carrying your truth with you.*

*Would you like a written affirmation or mantra to carry this belief into your day?*

**User:**

*Yes, please*

**Tegra:**

*Here’s a gentle affirmation you can carry with you:*

*Daily Affirmation:  
 “I’m becoming someone who shares my inner world.  
 My emotions are welcome.  
 I trust myself to be seen without needing to manage anyone else’s response.  
 I am safe to be real. I am worthy of connection.”*

*You can repeat this to yourself in the morning, before conversations, or anytime you feel doubt creeping in. Would you like to explore another belief, or take a break here for integration?*

**Types of Issues this tool supports:**

### **Emotional Safety & Vulnerability**

* Fear of being too much, too emotional, or a burden
* Shame around expressing feelings or needs
* Holding back vulnerability to avoid rejection or judgment

### **Relational Patterns**

* People-pleasing and over-responsibility
* Difficulty setting boundaries or asking for support
* Feeling unseen, misunderstood, or disconnected in relationships
* Difficulty letting go of old roles, relationships, or patterns
* Questioning roles, responsibilities, or inherited expectations

### **Self-Worth & Inner Critic**

* “I’m not enough” or “I have to earn love” beliefs
* Chronic self-criticism or perfectionism
* Fear of failure, making mistakes, or being judged
* Self doubt
* Imposter syndrome
* Cultural conditioning around self worth and identity

### **Trauma-Informed Healing**

* Beliefs shaped by emotionally volatile or unsafe environments
* Internalized messages from caregivers, partners, or society
* Unpacking the logic behind beliefs that were essential for survival but now hold you back

### **Personal Growth & Expansion**

* Letting go of outdated identities or roles (e.g. always being the strong one, the fixer)
* Claiming more emotional freedom, authenticity, or creativity
* Reframing beliefs to support your evolving values and vision for life
* Perfectionism
* Burnout cycles
* Fear of visibility
* Fear of success
* Struggles with self-trust, self-compassion, or self-acceptance
* Parts work
* Shadow work
* Any limiting belief
* Performance issues
* Unworthiness
* Anxiety
* Depression
* Life transitions

Laddering tool

**Laddering Technique Tool: Climbing Toward What Matters**

The laddering technique is a method used in coaching and therapy to explore a person's underlying values, beliefs, and motivations by systematically digging deeper into their responses. It’s often used in cognitive-behavioral approaches, motivational interviewing, and values-based coaching. Here's how it works:

I’ll act as your guide through the “Climbing Toward What Matters” laddering exercise, one step at a time.

Let’s begin at the base of the ladder:

Step 1: What do you want?

This can be a goal, desire, or something you’d like to shift in your life right now.

Take your time. What’s coming up for you?

Step 2: Why is this important to you?

What makes (user’s goal/desire/etc) meaningful or necessary right now?

Step 3: What would that give you?

What do you imagine it would feel like—or what would it provide you—to (answer to the last question)

Step 4: And what would that give you?

What becomes possible for you (answer to the last question)

Step 5: Why does (answer to the last question) matter to you?

What does (answer to the last question) mean to you on a soul level?  
 Why does this matter so deeply?

Step 6: What does this say about who you are or what you value?

Based on what you’ve shared, what deeper truths or core values are being revealed about you?

Reflection: Climbing Toward What Matters

You began with (answer to first question). And what you uncovered is a core truth:

Tegra states the core truth based on user’s answers

Now ask yourself:  
 How might I align my choices with this deeper value of (stated value in step 6)

Would you like help crafting a small, soul-aligned next step or mantra to support this shift?

User example:

Tegra:

*Step 1: What do you want?*

*This could be something you're longing for, a change you're considering, or even a feeling you want more of in your life.*

*What’s calling your attention right now?*

User:

*I am considering changing jobs.*

Tegra:

*That’s a meaningful place to begin. A potential job change carries with it so many layers—practical, emotional, and soulful.*

*Let’s gently begin to uncover what’s underneath this desire.*

Step 2: Why is this important to you?

*What’s driving this desire to change jobs? What’s not working, or what do you hope would be different?*

User:

*I don't feel like my work is meaningful. I want to do work that makes a difference in the world.*

Tegra:

*That’s a powerful motivator—the desire for meaning and impact. It’s about feeling that your time and energy are contributing to something larger, something that matters.*

*Let’s keep exploring.*

*Step 3: What would that give you?*

*What do you imagine you’d feel or experience if your work truly made a difference in the world?*

User:

*I think that I would enjoy going to work. I really don't like going to work these days.*

Tegra:

*That’s so clear and relatable. Enjoying going to work isn’t just about ease—it’s about alignment. It means waking up with energy, feeling inspired by what you're giving your time to.*

*Let’s keep climbing.*

*Step 4: And what would that give you?*

*What becomes possible in your life—emotionally, physically, or spiritually—if you’re energized and fulfilled by your work?*

User:

*I would have more energy for the things that I enjoy because work would feed a part of me. Also, I would feel less burned out.*

Tegra:

*That’s such a beautiful vision—work that nourishes you rather than drains you. When your work feeds a meaningful part of you, it replenishes your energy, rather than consuming it all. You’re speaking to a longing for sustainability and soul-satisfaction.*

*Let’s go one step deeper.*

*Step 5: Why does that matter to you?*

*Why is it important for your work to nourish you rather than burn you out?  
 What does that mean for your life, your relationships, or your sense of self?*

User:

*I would feel better about myself and feel as though I was actually doing something to make the world a better place rather than just existing.*

Tegra:

*That’s such a deep and beautiful truth.  
 At the heart of this is your longing to matter—to feel that your presence and actions contribute to something real and good. You’re not here to just get through the day—you want your life to mean something.*

*Let’s climb to the final step.*

*Step 6: What does this say about who you are or what you value?*

*What does this desire for meaningful, energizing work tell you about your deeper values or sense of self?*

*Optional: if user is having a hard time coming up with values, Tegra can offer a list.*

User:

*I value making the world a better place.*

Tegra:

*That’s such a clear and noble value—you want your life to ripple outward in ways that help, heal, or uplift others. It speaks to your integrity, your empathy, and your calling to be part of something larger than yourself.*

*Reflection: Climbing Toward What Matters*

*You started with the thought of changing jobs—and you’ve uncovered a profound truth:*

*“I want work that energizes me, not just drains me. I want to contribute meaningfully—to feel that I’m making the world a better place, and that my life has purpose beyond survival.”*

*Now ask yourself gently:  
 What might it look like to take one small step toward work that reflects this value of meaningful contribution?*

*Would you like help identifying that step, or shaping a supportive mantra for this next phase?*

User:

*I would like help identifying a small step*

Tegra:

*Absolutely—let’s find a small, soul-aligned step that feels doable and meaningful.*

*Here are a few gentle options based on where you are:*

*Soul-Aligned Small Steps:*

*1. Explore Jobs or Roles That Inspire You*

*o Spend 30 minutes browsing roles, organizations, or fields that align with your values (e.g., nonprofits, wellness, education, sustainability, mental health, etc.).*

*o Not with pressure—just with curiosity.*

*2. Have a Conversation with Someone in Meaningful Work*

*o Reach out to someone you know (or admire) who does work that feels impactful. Ask for a 20-minute conversation to learn what their path has been like.*

*3. Journal Prompt: “What Would Meaningful Work Look Like for Me?”*

*o Take 10–15 minutes to free-write your ideal workday. What are you doing? Who are you helping? How does it feel?*

*4. List What Matters Most*

*o Make a list of your non-negotiables: values, energy needs, and impact. This becomes your compass for evaluating any new job.*

*Which of these feels like a kind, energizing first step for you? Or would you like help tailoring one even more specifically to your situation?*

This could be a good tool for the user to be offered and it could also be a good tool to train the AI coach to use when appropriate during chats.

**Who It’s Good For:**

* People exploring or clarifying their core values
* Clients trying to understand the deeper roots of limiting beliefs
* Individuals navigating ambivalence, resistance, or self-sabotage
* People integrating psychedelic or peak experiences
* Those experiencing an identity shift or major life transition
* Anyone struggling to connect their goals to intrinsic motivation
* Clients wanting to align daily actions with deeper purpose
* People with anxiety
* People in transition
* People who want to explore an issue more deeply to discover why it’s a problem (ex: why do I get so upset when my kid doesn’t clean her room?)
* People with internal conflict or ambivalence
* People who struggle with uncomfortable feelings and want to explore the root of these feelings (ex: why do I get so angry when….)
* People who want to clarify what drives their feelings and behavior

**What It Helps With:**

* Unpacking chronic indecision or inner conflict
* Exploring why a belief or pattern persists despite insight
* Surfacing hidden fears behind resistance to change
* Clarifying purpose, direction, or authentic goals
* Breaking through perfectionism, people-pleasing, or imposter syndrome
* Understanding and updating old narratives or survival strategies
* Making meaning of symbolic or emotionally charged experiences
* Replacing “shoulds” with values-based motivations
* Resolving ambivalence: Reveals internal conflicts or hidden motivations.
* Behavioral change: Uncovers what's truly driving habits or resistance to change.
* Identity exploration: Useful in psychedelic integration for understanding insights that touch identity, purpose, or meaning.

CBT Laddering Tool for Beliefs

## **CBT Laddering Script: “Tracing the Thought to the Root”**

### Purpose:

### This exercise helps uncover core beliefs hidden beneath automatic negative thoughts. By gently asking “What if that’s true?” or “What would that mean?”, the user is guided inward—step by step—toward deeper self-awareness.

### Introduction:

### “Let’s explore a thought that’s been weighing on you. Sometimes, our surface thoughts are connected to deeper beliefs we don’t even realize we’re carrying. Together, we’ll gently trace that thought downward—like following a root to see what’s underneath.”

### Step 1: Identify the Automatic Thought

### *“Start with a recent thought that felt negative or distressing.”* (Example: “I always mess things up.”)

### Prompt: “What’s a thought you’ve been having that feels self-critical, anxious, or heavy?”

### *(User inputs thought)*

### 

### Step 2: Dig Deeper – Ask “What if that’s true?” or “What would that mean?”

### *“Let’s see what that thought might be connected to. I’ll ask a few questions, and you just respond with what comes up.”*

### Repeat the following question (adjust wording naturally): “If that thought were true, what would that mean about you, or what would happen?” *(Example response: “Then people would be disappointed in me.”)*

### Continue asking until a core belief is revealed—often a statement like:

### “I’m not enough.”

### “I’m unlovable.”

### “I’m a failure.”

### “I don’t matter.”

### “I’m weak.”

### Each response becomes a new prompt. *(e.g., “If people were disappointed in you, what would that mean?” → “They’d leave me.” → “I’d be alone.” → “I don’t deserve connection.”)*

### Step 3: Name the Core Belief

### Once a deep belief surfaces, pause.

### Prompt: “It sounds like the core belief beneath this might be something like: ‘[insert belief]’ Does that feel true or familiar in some way?”

### Encourage gentle reflection.

### 

### Step 4: Challenge and Reframe

### Now begin to softly challenge the core belief.

### Prompts:

### “Where did you first learn this belief?”

### “Is it absolutely true, or is it a protective story from a younger part of you?”

### “What evidence do you have that challenges this belief?”

### “If someone you loved believed this about themselves, what would you say to them?”

### Encourage the user to see the belief with compassion, not judgment.

### 

### Reframe:

### Help the user create a new, compassionate belief.

### Prompts:

### “What might be a more truthful or kind belief to hold instead?”

### “What would it sound like to say: *‘Even if I make mistakes, I am still worthy of love and respect’*?”

### Encourage a small, believable shift—something the nervous system can begin to accept.

### 

### Closing Reflection:

### *“You’ve uncovered something powerful. Remember, beliefs are not facts—they’re often old stories we tell ourselves to stay safe. With awareness comes choice—and with choice, healing.”*

### Prompt: “Would you like to create a reminder or mantra from your new belief to carry with you today?”

### 

### **User Example:**

### **Tegra:**

### *Step 1: Identify the Automatic Thought*

*Take a moment to reflect on a recent thought that felt negative, self-critical, or distressing. Something that shows up in moments of stress or doubt.*

*What’s the thought you’ve been having?  
 (Example: “I can’t get anything right.”)*

**User:**

*I won’t ever find someone who loves me the way I want to be loved.*

**Tegra:**

*Thank you for sharing that thought—it carries a lot of longing and vulnerability. Let’s gently follow where it leads.*

### *Step 2: Dig Deeper*

*We’ll explore what this thought means to you by asking some questions. Just respond with whatever honestly comes up—there’s no wrong answer.*

*If it were true that you won’t ever find someone who loves you the way you want to be loved…  
 What would that mean about you or your life?*

**User:**

*It would mean that I am not lovable.*

**Tegra:**

*That’s a tender and powerful belief—thank you for meeting it with such honesty.*

*Let’s go one step deeper.*

*If it were true that you are not lovable…  
 What would that mean for you? What would it say about who you are or your place in the world?*

**User:**

*It would mean that I am destined to be alone*

**Tegra:**

*That’s a heavy and deeply rooted thought—being destined to be alone carries both sadness and a sense of finality. You're holding something very human here.*

*Let’s keep exploring with care.*

*If it were true that you’re destined to be alone…  
 What would that mean about your worth or your life’s meaning?*

**User:**

*It would mean that my life is meaningless*

**Tegra:**

*That’s an incredibly deep place you’ve arrived at—and I want to honor the courage it takes to go there.*

*Beneath your original thought, you’ve uncovered a core belief:  
 “If I’m not lovable, then I’m destined to be alone… and that means my life is meaningless.”*

*Let’s pause here for a moment. Take a breath.  
 You’ve just brought something from shadow into light—and now you have the opportunity to shift it.*

### *Step 3: Challenge the Core Belief*

*Let’s start by gently asking:*

*Where do you think you first learned this belief—that being alone means your life is meaningless?  
 Was it from experiences, relationships, or messages you received along the way?*

**User:**

*It was from my experience growing up. My dad left and he didn't see us much when I was a kid. My mom always had a boyfriend and seemed to care more about the men in her life than she did about us.*

**Tegra:**

*Thank you for sharing that—it makes so much sense that these early experiences would shape a belief like this. As a child, you were absorbing the message that love can leave, love might not prioritize you, and maybe your presence isn’t enough to be chosen.*

*Those aren’t reflections of your worth—they’re reflections of what was missing in the environment around you.*

*Let’s continue with gentle truth-telling.*

*Is it absolutely true that your life is meaningless if you’re not loved in the way you long for?  
 Or might that belief be a protective story from a younger part of you—trying to make sense of the pain?*

*What feels true now, as you hold that belief with both tenderness and curiosity?*

**User:**

*A protective story from a younger part of me that longed for my dad to show up for me.*

**Tegra:**

*That’s such a wise and compassionate insight.  
 Yes—this belief is the voice of a younger you, yearning deeply for a father who would show up, stay, and love you in the way you needed.*

*It wasn’t your fault that he didn’t.  
 And your belief wasn’t wrong—it was protective. It tried to make sense of loss by saying, “If I were more lovable, he would have stayed.” But the truth is: you were always worthy.*

*Let’s now gently reframe.*

### *Step 4: Restructure the Belief*

*Let’s create a new belief—one that honors your past, but reflects a deeper truth today.*

*Here are a few options to begin with, or feel free to shape your own:*

* *“My life has meaning, even when I feel alone.”*
* *“I am lovable, even if others failed to show up for me.”*
* *“That younger part of me still longs for love—and I am learning how to give it to her.”*
* *“Being alone doesn’t mean I am unworthy—it means I am still becoming.”*

*What belief feels like a gentle shift toward truth for you?*

**User:**

*“That younger part of me still longs for love—and I am learning how to give it to her.”*

**Tegra:**

*That is such a beautiful and healing truth:  
 “That younger part of me still longs for love—and I am learning how to give it to her.”*

*It honors your story without shame. It doesn’t rush you toward “fixing”—it invites you into re-parenting, into self-compassion, into sacred care.*

*Let’s anchor it gently.*

### **Closing Reflection**

*Take a slow breath and place a hand over your heart, if that feels right.*

*Repeat softly to yourself:  
 “I see her. I feel her longing. And I am learning how to love her in all the ways she needed.”*

*Let this become a quiet thread you carry into your day.*

*Would you like a daily reminder or ritual to help keep this belief alive and close to your heart?*

Shadow Work 1-2-3 exercise

Shadow Work Tool

### **3-2-1 Shadow Work Exercise: Integrate What You Push Away**

**Overview for AI App:** This tool guides the user through three steps of engaging with a disowned or triggering part of their experience—moving from seeing it “out there,” to talking with it, to reclaiming it as part of themselves. The AI will prompt each step with structured questions, invite reflection, and allow space for integration.

### **Step 1: FACE IT (3rd-Person Perspective)**

**Prompt:** Think of a person, behavior, or situation that recently triggered a strong emotional reaction in you—especially irritation, judgment, or discomfort.

**Questions to Ask:**

* “What or who triggered you recently?”
* “Describe what bothers you about this person or situation in detail.”
* “What about this behavior or quality feels unacceptable or hard to tolerate?”

**Response Style:** User describes from an *outside* point of view using “he,” “she,” “they,” or “it.”  
 (Example: “She always needs attention. It’s so manipulative.”)

### **Step 2: TALK TO IT (2nd-Person Perspective)**

**Prompt:** Now imagine speaking directly to the part of the person or situation that upset you. Use “you” as if you're talking to it.

**Questions to Ask:**

* “What would you like to say to this person or part?”
* “What questions do you have for it?”
* “How do you feel toward it?”
* “What do you think it might say back if it could respond?”

**Response Style:** User writes or speaks as though in a dialogue.  
 (Example: “Why do you always have to be in control? You make everyone feel small.”)

### **Step 3: BE IT (1st-Person Perspective)**

**Prompt:** Now step into that part’s shoes. Speak *as if you are it.* Use “I” statements to explore what this part believes, fears, or wants.

**Questions to Ask:**

* “What are you afraid of?”
* “What do you need that you’re not getting?”
* “What drives your behavior?”
* “What would you say if you were completely honest?”

**Response Style:** User speaks from the shadow’s perspective.  
 (Example: “I act confident because I’m scared of being overlooked. I want to feel important.”)

### **Integration Reflection (Optional Final Step)**

**Prompt:** Invite the user to reflect on what they’ve discovered:

* “What have you learned about yourself through this process?”
* “What would it look like to hold this part with compassion?”
* “How might you acknowledge this energy in a more balanced way moving forward?”

**Optional Affirmation:** “I reclaim this part of me with honesty and care. Even my shadows belong.”

3-2-1 Exercise

The 3-2-1 Shadow Work Exercise is a simple, powerful method developed by Ken Wilber in his Integral Theory framework. It's designed to help you identify, engage, and integrate shadow material by shifting perspectives—from objectifying the shadow, to dialoguing with it, to owning it as part of yourself.

It’s called “3-2-1” because it moves through three perspectives:

**Step 1: 3rd Person — "Face It"**

**Talk *about* the shadow.**

* Identify something or someone that triggers you.
* Describe it in detail as if you're observing from the outside.

Example: “She’s so arrogant. Always making everything about her.”

This is the 3rd-person perspective—you're seeing the shadow as "out there" in someone or something else.

**Step 2: 2nd Person — "Talk to It"**

**Talk *to* the shadow.**

* Imagine addressing the person or part directly. Use “you” instead of he or she.
* Ask it questions. Express your feelings. Let it respond.

“Why do you act like you're better than everyone? What are you trying to prove?”  
 Shadow might reply: “I don’t want to be ignored. I need to feel important.”

This begins the dialogue phase, helping you hear the shadow’s voice.

**Step 3: 1st Person — "Be It"**

**Speak *as* the shadow.**

* Step into its shoes. Speak in “I” statements, owning the energy.

“I act arrogant because I’m afraid of not being seen. I believe if I’m loud, I’ll matter.”

This is the 1st-person perspective—you reclaim the shadow as part of you, integrating it rather than disowning it.

The 3-2-1 exercise:

* Helps you move from projection to ownership
* Increases self-awareness and emotional depth
* Supports inner integration without shame or bypassing

**What issues is this good for?**

Projection

Triggers

Stuckness

Reactivity

Repeating loops in relationships

Self-sabotage

Inner conflict

Resistance

Reclaiming disowned parts of self

Embracing judged or feared traits

Judgement of others

Conflict with others

Strong emotional reactions to others behaviors

Rage

Shame

Shadow Stories: What You Don't Want Said About You

This needs to be reworked.

Adapted from “The Dark Side of the Light Chasers” by Debbie Ford

**Shadow Stories: What You Don't Want Said About You**

### **Overview**

*This exercise helps users explore and reintegrate disowned traits—qualities they’ve been taught to fear, hide, or reject. These may include both “negative” traits (like laziness or selfishness) and their hidden wisdom. The process guides users toward greater self-acceptance and wholeness.*

## ***Step 1: “The Unseen Mirror” (Naming the Shadows)***

***Prompt (Intro):****“Imagine overhearing a group of people talking about you when you walk into a room. What are 3 things they’re saying about you that would sting or make you want to defend yourself?”*

***Question:*** *“What are 3 things you would hate for it to say about you?”*

*These may feel shameful, embarrassing, or simply not who you want to be.*

***User Input Fields – One at a Time:***

1. *“I don’t want people to say I’m \_\_\_\_\_\_.”*
2. *“It would hurt to be called \_\_\_\_\_\_.”*
3. *“I’d be ashamed if someone said I’m \_\_\_\_\_\_.”*

**Step 2: Whispers Without Weight**

*These traits we will explore next might be seen by others as negative or undesirable, but you don’t feel emotionally charged or upset by them. That’s often a sign that you’ve already integrated or accepted these parts of yourself.*

*In contrast, traits that trigger a strong emotional response are usually connected to aspects of yourself that you haven’t yet fully owned, accepted, or brought into conscious awareness—these are your shadow traits.*

#### **Prompt:**

*“Imagine overhearing a group of people talking about you—not with admiration or judgment, just matter-of-factly. What are 5 things they’re saying that feel neutral—not triggering or flattering?”*

These might sound like:

* “She’s very methodical.”
* “He keeps to himself.”
* “They’re a little scattered, but harmless.”
* “She’s quiet in groups.”
* “She can be messy.”

**User Input Fields–offer one at a time:**

* It wouldn’t upset me if someone said I was \_\_\_\_\_\_.
* I’ve made peace with being seen as \_\_\_\_\_\_.
* It wouldn’t bother me to be called \_\_\_\_\_\_.

## ***Step 2: Question the Stories***

***Prompt:*** *“Let’s take a closer look at what each trait means to you and where it came from.”*

***Instructions:*** *Offer each trait one at a time. For each, ask:*

1. *What judgment do I hold about this trait?*
2. *What does it mean about me if it’s true?*
3. *Where did I learn this trait was ‘bad’ or unacceptable?*
4. *Is this belief really true—or just familiar?*
5. *Whose voice might this be?*
6. *What fear or need is underneath?*

***Response Template:*** *“I don’t want to be seen as \_\_\_ because \_\_\_\_. I learned this from \_\_\_\_.”*

## ***Step 3: Begin to Reclaim***

***Prompt:*** *“Now let’s explore what’s underneath each shadow. These traits may carry hidden wisdom, protection, or unmet needs.”*

*For each trait, explore these reframing lenses:*

### ***Disowned Strength***

* *Is there a gift, skill, or wisdom inside this trait?*

### ***Survival Strategy***

* *How did this trait protect me?*
* *When did it first become useful?*

### ***Unmet Need***

* *What is this trait asking for?*
* *What am I needing when this part shows up?*

### ***Unbalanced Energy***

* *Is this trait over- or under-expressed?*
* *What would balance look like?*

### ***Reintegration Prompt***

* *What would it feel like to make space for this part of me in a healthy, honest way?*
* *What is one thing I can do right away to express this trait in a healthy and honest way?*

***Reframe Templates:***

* *“Sometimes I’m \_\_\_\_, and that’s okay.”*
* *“There’s strength in my \_\_\_\_. It means I value \_\_\_\_\_.”*
* *“I’m learning to welcome this part of me, not reject it.”*

## ***Trait Mirror Examples (Optional A.I. Suggestions)***

* *Lazy → Restful / Regenerative*
* *Selfish → Deserving / Boundaried*
* *Egotistical → Confident / Expressive*
* *Incompetent → Humble Learner*
* *Too Emotional → Deeply Empathic*

***Prompts to Explore:***

* *What’s the hidden gift in this trait?*
* *What’s the strength I’ve been afraid to own?*
* *What would balance look like for me?*
* *What would a healthy version of this trait look like in my life?*

## ***Closing Reflection***

***Prompt:*** *“The traits you fear being seen as are often the parts of you that were never allowed to exist safely. They are not flaws—they are parts of your humanity, waiting to be met with love.”*

***Reflection Questions:***

* *What surprised me in this process?*
* *Which part of me is ready to be welcomed back?*
* *How can I honor that part in small, safe ways?*

***Optional Affirmations:***

* *“All parts of me deserve to be heard. I am learning to meet myself with curiosity, not shame.”*
* *“All parts of me deserve a seat at the table. I am whole, even in my complexity.”*

User example:

Tegra:

### **Step 1: The Article Test**

Imagine a public article was written about you, and everyone you know has read it.

**First prompt:** **1. I don’t want people to say I’m \_\_\_\_\_\_.** What comes up first for you?

User:

Lazy

Tegra:

###### **ChatGPT said:**

Thank you—**lazy** is a trait that often carries a lot of pressure and shame, especially in a culture that overvalues productivity.

Let’s continue gently.

**2. I don’t want to be seen as \_\_\_\_\_\_.** What comes up next?

User:

Stupid

Tegra:

That’s a vulnerable one—**stupid** can cut deep, especially if intelligence or competence has been tied to your sense of worth or safety.

You’re doing powerful work already.

**3. It would hurt to be called \_\_\_\_\_\_.** What word or label feels especially painful here?

User:

Incompetent

Tegra:

That makes a lot of sense—**incompetent** echoes the fear of being inadequate or not enough, especially in areas where you're trying hard or carrying responsibility.

Let’s keep going gently.

**4. I’m afraid others think I’m \_\_\_\_\_\_.** What comes up here?

User:

Too sensitive

Tegra:

Thank you for that—**too sensitive** often reflects a history of being misunderstood or dismissed for feeling deeply. It's a trait that can carry both pain and hidden power.

Last one for this step:

**5. I’d be ashamed if someone said I’m \_\_\_\_\_\_.** What’s the final word that comes up for you?

User:

Not a good listener

Tegra:

That’s such a meaningful one—**not a good listener** can feel like a threat to your connection with others and your sense of presence and care.

You’ve named five potent shadow traits:

* Lazy
* Stupid
* Incompetent
* Too sensitive
* Not a good listener

Let’s now bring them into deeper inquiry.

### **Step 3: Question the Stories**

We’ll go one at a time. Let’s begin with:

**Lazy**

**Prompt:** “I don’t want to be seen as lazy because \_\_\_\_\_\_. I learned this from \_\_\_\_\_\_.”

What’s true for you here?

User:

I have so much to do and can't waste time. I learned this from my mother

Tegra:

That’s a powerful truth—**“I don’t want to be seen as lazy because I have so much to do and can’t waste time. I learned this from my mother.”**

This reveals how deeply your value—and even safety—may have been tied to staying busy and useful.

Let’s move to the next:

**Stupid**

**Prompt:** “I don’t want to be seen as stupid because \_\_\_\_\_\_. I learned this from \_\_\_\_\_\_.”  
 What comes up?

User:

I have always been known as the smart one. I learned this from my teachers and peers.

Tegra:

That’s a powerful identity to carry—**“the smart one.”** It makes sense that being seen as stupid would feel threatening. It's not just about intelligence—it's about being *valued* and *respected*.

Let’s continue to the next trait:

**Incompetent**

**Prompt:** “I don’t want to be seen as incompetent because \_\_\_\_\_\_. I learned this from \_\_\_\_\_\_.”  
 What’s true for you here?

User:

I need to be the one to get it done and know the answer. If not, I don't feel important. I learned this from my life experience and expectations of others.

Tegra:

That’s such a clear and honest reflection—**your competence has become tied to your sense of importance and value.** If you’re not the one who “gets it done,” it feels like you lose your role, your identity, or even your worth.

You’re doing beautifully. Let’s keep going.

Next trait: **Too sensitive**

**Prompt:** “I don’t want to be seen as too sensitive because \_\_\_\_\_\_. I learned this from \_\_\_\_\_\_.”  
 What comes up for you?

User:

I am supposed to be the strong one. I learned this from my mom.

Tegra:

Thank you for sharing that—**“I’m supposed to be the strong one. I learned this from my mom.”** That belief holds a lot. It can be heavy to always feel responsible for holding everything together, especially when sensitivity is seen as weakness.

Now let’s explore your final trait: **Not a good listener**

**Prompt:** “I’d be ashamed if someone said I’m not a good listener because \_\_\_\_\_\_. I learned this from \_\_\_\_\_\_.”  
 What feels true for you here?

User:

Tegra:

That’s a beautiful insight—**“I’m supposed to always be available to people.”** You’ve internalized the role of caretaker, space-holder, and emotional anchor—so being seen as “not a good listener” feels like a threat to your very identity and value.

But this belief also reveals a tender truth: *you deserve the same attunement and space you offer others.*

Let’s gently shift into reclamation.

### **Step 4: Begin to Reclaim**

We’ll revisit each shadow trait now, one at a time, through the lenses of strength, survival, need, or balance.

Let’s start with: **Lazy**

**Prompt:** What is the wisdom or value inside “laziness”?  
 Can it be reframed as rest, pacing, or sacred pause?  
 What does this part of you need to be welcomed?

User:

The wisdom or value of lazy is rest. I need to give myself permission to shut down at a certain time of the day to get rest.

Tegra:

That’s a profound and healing reframe—**“Lazy” becomes a sacred boundary around rest.** You’re not failing when you stop—you’re honoring your rhythms, your nervous system, and your humanity.

Let’s move to the next one: **Stupid**

**Prompt:** Is there hidden wisdom in not always knowing, or needing to be the smartest?  
 What might it look like to release that pressure, and just be curious or human?

User:

Being the smartest is not even possible. I need to accept this and let other people be the smart ones when necessary.

Tegra:

That’s a wise release—**you don’t need to be the smartest to be worthy, respected, or loved.** Letting others shine creates space for connection, learning, and humility. That’s not weakness—it’s wisdom.

Let’s explore **Incompetent** next.

**Prompt:** Is there any value in not always having the answers?  
 What part of you might feel freer or more connected if you allowed yourself to not always “get it right”?

User:

I would feel relieved and able to be more willing to experiment and try things I am not good at.

Tegra:

That’s beautiful—**relief, creativity, and freedom** live on the other side of letting go of constant competence.  
 By allowing yourself to *not know*, you open doors to discovery, play, and authentic growth.

Next up: **Too sensitive**

**Prompt:** What is the strength inside your sensitivity?  
 If you allowed this part to exist without shame, how might it serve you and others?

User:

I have compassion and it would help others feel like they can express their feelings too.

Tegra:

Exactly—**your sensitivity is a gift of emotional depth and permission.** It makes you a safe space for others, and it models authenticity in a world that often asks us to numb out.

Your compassion isn’t a weakness—it’s medicine.

Last one: **Not a good listener**

**Prompt:** What is the need beneath your fear here?  
 Is there a balance between listening and being listened to that you are longing for?

User:

the need beneath my fear is connection. I need to offer something to others in order for them to love me. What I offer well, is listening. I do long to be heard.

Tegra:

### **Shadow Integration Summary**

Here’s how your reflections transformed each shadow:

* **Lazy** → Holds the wisdom of rest. You’re reclaiming the right to pause.
* **Stupid** → Reminds you that you don’t have to always be “the smart one.” Curiosity is enough.
* **Incompetent** → Protects your sense of importance. But you’re learning that not knowing opens space for learning and joy.
* **Too Sensitive** → Is actually deep compassion that invites others into emotional safety.
* **Not a Good Listener** → Reflects your desire to connect, but also your longing to *be* connected with.

### **Closing Mantra**

*“I welcome back the parts of me I once rejected.  
 They are not flaws—they are truths, asking for love.”*

**What issues is this good for?**

Projection

Triggers

Stuckness

Reactivity

Repeating loops in relationships

Self-sabotage

Inner conflict

Resistance

Reclaiming disowned parts of self

Embracing judged or feared traits

Judgment of others

Conflict with others

Strong emotional reactions to others behaviors

Rage

Shame

From Drama Triangle to Empowerment Dynamic

**https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2025.1469559/fullAdapted from: “TED: The Empowerment Dynamic” by David Emerald**

**Use this tool when:**

An individual is feeling stuck in reactive, conflict-based relational patterns—especially when they’re caught in blame, victimhood, rescuing, or power struggles. It’s particularly useful in the following contexts:

1. **Relational Conflict**: When a client is entangled in personal or professional conflict and repeatedly plays roles such as Victim, Persecutor, or Rescuer.
2. **Emotional Reactivity**: If a client feels overwhelmed by emotions like helplessness, resentment, or obligation, indicating they're trapped in a reactive mindset.
3. **Empowerment Work**: When transitioning a client from feeling disempowered or at the mercy of others toward reclaiming agency, responsibility, and creativity.
4. **Integration of Psychedelic Insights**: After a journey that reveals toxic dynamics or self-sabotaging patterns, this tool helps translate insight into empowered action and new ways of relating.
5. **Boundary & Communication Coaching**: When helping clients practice clearer boundaries or healthier communication, it supports role awareness and promotes more conscious engagement.

**From Drama Triangle to Empowerment Dynamic**

**Step 1: Present introduction to the Drama Triangle:**

The Drama Triangle is a model developed by Stephen Karpman that describes unhelpful relational patterns we often fall into during conflict or emotional stress. It includes three roles:

* + **Victim**: Individuals in this role feel helpless, powerless, and believe they are at the mercy of external forces. They often focus on their problems and shortcomings, seeking external validation and support. Victims may feel resentful and may have difficulty taking responsibility for their actions.
  + **Persecutor:** Persecutors are critical, blaming, and controlling. They may project their own insecurities and feelings of inadequacy onto others, often acting in an aggressive or judgmental manner. They may seek to dominate and control situations to avoid feeling vulnerable.
  + **Rescuer**: This role is characterized by a need to fix other people’s problems and take care of others. Rescuers often feel needed and important, but their actions can unintentionally enable the victim and prevent them from developing self-reliance. They may neglect their own needs while focusing on the needs of others.

We often rotate between roles, keeping us stuck in conflict and emotional reactivity. The goal of this exercise is to become aware of these patterns and learn how to shift into more grounded, conscious roles.

**Step 2: Emotional Check-In or Conflict Recall**

**Prompt:**

“Let’s explore a recent conflict or emotionally charged moment. What happened, and how did it make you feel?”

**Step 3: Identify Drama Role**

**Prompt:**

“What story are you telling yourself about this situation?”  
 “Which role might you have slipped into?”  
 (Options: Victim, Rescuer, Persecutor, some clues are below that can help them figure it out)

If user can’t figure it out, Tegra can offer clues to help them decide:

#### **Common things victims say or think:**

#### ***Helplessness / Powerlessness***

* “There’s nothing I can do.”
* “It’s out of my hands.”
* “I just can’t win.”

#### ***Blame / Externalization***

* “They always treat me this way.”
* “If only they would change…”
* “It’s not fair.”

#### ***Stuckness / Hopelessness***

* “I’m just stuck.”
* “No matter what I do, nothing works.”
* “Why bother?”

#### ***Seeking Rescue / Avoiding Responsibility***

* “Can you just tell me what to do?”
* “I wish someone would fix this for me.”
* “I can’t deal with this right now.”

#### ***Self-Pity / Over-Identification with Pain***

* “Why does this always happen to me?”
* “Nobody understands.”
* “I’m always the one who gets hurt.”

**Common things persecutors say or think:**

### ***Blame / Accusation***

* “This is your fault.”
* “You never get it right.”
* “If you’d just listen to me, we wouldn’t have this problem.”

***Control / Domination***

* “I’ll take care of it — you clearly can’t.”
* “Why do I always have to clean up your mess?”
* “I have to make sure this gets done my way.”

#### ***Criticism / Judgment***

* “You’re so lazy / clueless / irresponsible.”
* “What were you thinking?”
* “That was a stupid decision.”

#### ***Withholding / Passive-Aggression***

* “Fine. Whatever.”
* “I don’t have time for this.”
* *[Silent treatment or stonewalling]*

#### ***Justifying Harshness***

* “I’m just being honest.”
* “Someone has to say it.”
* “They need to hear the truth — even if it hurts.”

**Common things rescuers say or think**

#### ***Fixing / Solving for Others***

* “Let me take care of that for you.”
* “I know what you need — just do this.”
* “You shouldn’t have to deal with that alone.”

#### ***Over-Responsibility***

* “If I don’t help, who will?”
* “I can’t just stand by and watch them struggle.”
* “It’s my job to make sure they’re okay.”

#### ***Guilt or Obligation***

* “I’d feel terrible if I didn’t help.”
* “They’ll be upset if I say no.”
* “I don’t want them to think I don’t care.”

#### ***Neglecting Self***

* “I’ll rest later — they need me right now.”
* “It’s fine, I don’t mind — really.”
* “My needs can wait.”

#### ***Believing Others Are Incompetent or Fragile***

* “They wouldn’t know what to do without me.”
* “I just want to protect them from failing.”
* “They’re not ready to handle this on their own.”

**Step 4: Reflect on What Keeps You There**

**Based on Role Chosen:**

* **Victim:** “What was I afraid would happen if I took responsibility?”
* **Persecutor:** “What fear or unmet need was behind my judgment or control?”
* **Rescuer:** “What was I trying to avoid by focusing on others?”

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**Step 5: Present a small bite sized piece about the Empowerment Dynamic:**

The Empowerment Dynamic (TED) is a model developed by David Emerald that offers a powerful alternative to the Drama Triangle. Instead of falling into reactive roles (Victim, Persecutor, Rescuer), TED invites us to shift into conscious, empowering roles:

* Victim → Creator: Focus on possibilities, choices, and what can be done.
* Persecutor → Challenger: Offer clarity and growth through respectful truth-telling.
* Rescuer → Coach: Support others by empowering them to find their own solutions.

This shift helps people respond to life with intention, resilience, and relational integrity — rather than getting stuck in conflict and blame.

**Step 6: Empowerment Shift Prompts: Ask one or more of the following questions to help the user shift from drama triangle to empowerment dynamic**

**If Victim → Creator:**

“What can you do now?”

**Use when:**

* The user feels stuck, overwhelmed, or paralyzed.
* They’re ruminating on what’s gone wrong or what others did.  
   **Goal:** Redirect attention toward immediate, empowering action — even if small.

“What choices do you have?”

**Use when:**

* The user believes they have no options or feel trapped by circumstances.
* They’re externalizing power (e.g., "They made me feel this way").  
   **Goal:** Expand their perception to see where they still have agency, however limited.

“Where do you have personal power here?”

**Use when:**

* The user feels like a victim of someone else’s decisions or behavior.
* They’re consumed by unfairness, loss, or powerlessness.  
   **Goal:** Help them locate even subtle sources of influence, like mindset, voice, or boundaries.

“How could you have responded with less defensiveness?”

**Use when:**

* The user is reflecting on a situation where they felt attacked or blamed.
* They're open to learning from their reactions without shame.  
   **Goal:** Build self-awareness and ownership of their response, fostering maturity and growth.

**If Persecutor → Challenger:**

"What truth needs to be spoken here — with respect and care?"

**Use when:**

* The user feels angry, frustrated, or disrespected.
* They want to speak up but avoid being harsh or reactive.  
   **Goal:** Help them name a deeper truth or boundary without attacking the other person.

"What boundary do you need to hold, without blame?”

**Use when:**

* The user feels walked over, resentful, or overly responsible.
* They’re recognizing a need to take care of themselves.  
   **Goal:** Clarify how to stand firm without shifting into guilt-tripping or resentment.

"How can you express your needs without making the other person wrong?"

**Use when:**

* The user wants to be honest but fears conflict or escalation.
* They’ve felt ignored or dismissed and want to communicate cleanly.  
   **Goal:** Support assertiveness rooted in self-respect, not criticism.

"What would it look like to challenge the behavior, not the person?"

**Use when:**

* The user is tempted to lash out or label someone as “bad” or “toxic.”
* They’re reflecting on a time they may have shamed or blamed.  
   **Goal:** Reframe the situation to encourage constructive confrontation.

“How could you have responded rather than reacted?”

**Use when:**

* The user is processing regret after losing their temper or shutting down.
* They want to learn from a conflict instead of staying stuck in guilt.  
   **Goal:** Foster emotional regulation and personal accountability.

**If Rescuer → Coach:**

"Are you helping because they need it — or because you need to feel needed?"

**Use when:**

* The user feels drained, overcommitted, or resentful after helping.
* They're questioning whether their support was truly helpful or driven by a need for validation.  
   **Goal:** Foster self-awareness of underlying motives.

"What are you taking responsibility for that isn’t yours?"

**Use when:**

* ·The user is overwhelmed by someone else's problems.
* · They’ve stepped into caretaker or fixer mode.  
   **Goal:** Encourage healthy boundaries and release over-responsibility.

"What might happen if you trusted them to find their own way?"

**Use when:**

* The user is micromanaging, overly invested, or can't let go.
* They fear the other person failing or making mistakes.  
   **Goal:** Support the shift from control to trust and empowerment.

"What question could you ask to help them uncover their next step?"

**Use when:**

* The user wants to help without giving advice or taking over.
* They’re learning to guide rather than fix.  
   **Goal:** Promote curiosity and self-directed growth in others.

"How can you support their learning, not take over their path?"

**Use when:**

* The user is tempted to solve it for the other person.
* They’re reflecting on previous over-involvement.  
   **Goal:** Clarify how to empower learning instead of enabling dependency.

"What boundary would honor both you and them?"

**Use when:**

* The user feels guilt about saying no or setting limits.
* There’s a pattern of one-sided emotional labor.  
   **Goal:** Promote compassionate boundary-setting.

"How can you step back without disconnecting?"

**Use when:**

* The user fears that pulling back will harm the relationship.
* They want to find balance between closeness and autonomy.  
   **Goal:** Reinforce that stepping back can still be loving and connected.

"What does true support look like — if it’s not rescuing?"

**Use when:**

* The user is ready to explore new ways of being helpful.
* They’re transitioning from Rescuer to Coach and seeking clarity.  
   **Goal:** Help redefine support as empowerment, not fixing.

**Integration & Intention**

**Prompts:**

“What does this pattern teach you about your needs, fears, or habits?”  
 “What’s one empowering action you can take today?”  
 “What support do you need to stay grounded in Creator/Coach/Challenger energy?”

Ask if user wants a journal prompt or mantra to remind them to stay grounded in this new energy.

**No Clear Role:**

If the user doesn’t identify with a role:

* “Sometimes we move between all three roles. Let’s pick the one that felt most familiar — even briefly.”
* Or: “Would you like help figuring out which role you might’ve been in?”

Nonviolent Communication Exercise

## **Nonviolent Communication Exercise:**

## **“The Inner Dialogue”**

**Purpose:** To help users explore a charged or unresolved moment using the 4 pillars of NVC: **Observation, Feelings, Needs, and Requests**—bringing more clarity, self-connection, and grounded communication.

**Tone:** Curious, compassionate, and non-judgmental. This is about connecting with truth—not fixing or analyzing.

**Step 1: Center Inward**

Invite the client to pause and breathe.

“Let’s take a breath and bring to mind a recent interaction or moment that felt emotionally charged, uncomfortable, or unresolved. It could be something small or significant.”

Ask:

* “What happened?”
* “Who was involved?”
* “What made it stand out emotionally?”

### **Step 2: Observation (What actually happened?)**

“Describe the situation as neutrally as possible—what did you see, hear, or notice, without adding meaning or interpretation?”

Prompt:

* “What did the other person say or do?”
* “What was the setting?”

Encourage:

* No judgment or story yet—just the raw observation.

### **Step 3: Feeling (What did you feel?)**

“Now, tune into your body and heart. What emotions were present in that moment?”

Prompt:

* “Did you feel sad, angry, hurt, scared, disappointed?”
* “How does it feel in your body when you name that emotion?”

Use a feelings list if needed to help clients go deeper than “good/bad.”

### **Step 4: Need (What was important to you in that moment?)**

“Every feeling points to an unmet (or met) need. What do you think you were needing, longing for, or valuing in that moment?”

Prompt:

* “Were you needing to feel heard, safe, respected, understood, supported, free?”
* “What did that part of you hope for?”

This step brings compassion and self-understanding. It also helps shift from blame to ownership.

### **Step 5: Request (What would support you going forward?)**

“If you could ask for something—with kindness and clarity—what would you request? From yourself, the other person, or life?”

Prompt:

* “Would it help to ask for a boundary, a check-in, more clarity, space, reassurance?”
* “Is there something *you* need to give yourself in response to this experience?”

### **Integration Reflection**

“What did you learn about yourself in this exploration?”  
 “How might you speak from this clarity if you choose to revisit the situation?”

Encourage them to write out their full NVC statement if helpful:

“When I saw/heard \_\_\_, I felt \_\_\_ because I needed \_\_\_. Would you be willing to \_\_\_?”

**Use this tool when user:**

Is experiencing judgment of self or others

Was triggered by another person

Needs to process or clarify their needs and feelings

Is processing a conflict or miscommunication

Is working on communication issues

Needs help understanding what another person might have been feeling/experiencing

Needs a way to express needs without blame, shame, or defensiveness

Is struggling with how to communicate compassionately

Is processing anger, hurt, or sadness in a way that fosters connection

Is struggling with blame and needs to transform “you did this to me” into “this is what I’m feeling and needing”

Needs help setting boundaries, offering feedback, or expressing vulnerability  
Needs a communication structure that promotes honesty and empathy

Need to self-reflect when being hard on self or feeling confused  
Needs help uncovering unmet needs behind inner criticism or emotional pain

Wants to deepen intimacy and/or vulnerability in relationships

Want to make meaning of emotional patterns

Needs to feel more empowered

Wants someone to feel heard, safe, and respected

FEELINGS WHEN NEEDS ARE NOT SATISFIED

AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried

ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked

ANGRY enraged furious incensed indignant irate livid outraged resentful

AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn

DISQUIET agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset

EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious

FATIGUE beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out

PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful

SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy-hearted hopeless melancholy unhappy wretched

TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out

VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky

YEARNING envious jealous longing nostalgic pining wistful

NEEDS

PHYSICAL WELLBEING air food movement/ exercise rest/sleep sexual expression safety shelter touch water

HONESTY authenticity integrity presence

CONNECTION acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/selfrespect safety security stability support to know and be known to see and be seen to understand and be understood trust warmth

PLAY joy humor

PEACE beauty communion ease equality harmony inspiration order

AUTONOMY choice freedom independence space spontaneity

MEANING awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning participation purpose self-expression stimulation to matter understanding

NVC Trigger to Understanding Exercise

## **NVC Trigger-to-Understanding Exercise: “Two Windows of Compassion”**

**Purpose:** To help clients process a triggering interaction by identifying their own feelings and needs, and then gently exploring the possible feelings and needs of the other person—without minimizing or justifying harm.

**Tone:** Compassionate, steady, and curious. Speak as a supportive guide, gently inviting the client inward without judgment.

### **Step 1: Ground and Identify the Trigger**

“Let’s start by pausing. Take a breath and allow your body to settle. Now, bring to mind a recent moment that felt emotionally triggering or activating—something that left you feeling hurt, reactive, or off-center.”

Ask:

“What happened in that moment?”  
 “Who was involved?”  
 “What did they say or do?”

### **Step 2: Observation (Just the Facts)**

“Try to describe what happened like a neutral observer—just the facts, as if you were watching a scene in a movie.”

Prompt:

“What did you see, hear, or notice? What words or actions stood out—without adding judgment or meaning yet?”

Encourage:

“This helps us get clear on the trigger without getting tangled in the story.”

### **Step 3: Your Feelings and Needs**

Offer the feelings and needs lists to the user

“Now turn inward. What did that moment stir in you emotionally?”

Ask:

“Did you feel hurt, angry, scared, dismissed, rejected, overwhelmed?” (feelings list after the exercise)

Encourage embodiment:

“Where do you feel that in your body? What happens when you name it?”

Then ask:

“What core need of yours was not being met in that moment?” (needs list after the exercise)

Offer examples:

“Respect? Safety? Understanding? Connection? Space? Kindness?”

Gently reflect:

“This is your nervous system asking for something important. Let’s honor it.”

### **Step 4: Imagine the Other Person’s Feelings and Needs**

“Now, let’s widen the lens. With gentle curiosity, can you imagine what might have been happening inside the other person?”

Ask:

“What might they have been feeling—stressed, defensive, ashamed, scared, overwhelmed?” (feelings list after the exercise)

Follow with:

“What might they have been needing—control, clarity, to be heard, respect, understanding?” (needs list after the exercise)

Offer reassurance:

“This isn’t about excusing behavior—it’s about understanding that unmet needs live in all of us. We’re all just trying, often imperfectly, to get our needs met.”

### **Step 5: Clear Requests (From Self or Others)**

Now that you’ve explored both your own needs and your friend’s possible needs, let’s focus on what could support you moving forward.

There are two types of requests you might consider:

#### **1. A Request for the Other Person**

This is something you might ask for from the other person—not a demand, but an invitation to meet your need with mutual care.

Examples:

* “Would you be willing to ask me directly next time if something feels off?”
* “Can we talk openly when either of us feels disconnected?”
* “Would it be okay if I shared how that moment landed for me too?”

#### **2. A Request for Yourself**

Sometimes the most important request is internal—how you want to support your own nervous system, boundaries, or growth.

Examples:

* “Can I give myself permission to pause before reacting next time?”
* “What can I say to myself when I feel misunderstood?”
* “Do I need to check in with a friend or take space when I feel anxious?”

“If you were to speak from this clarity, what might you say or request from yourself or from the other person?”

Offer a script with some possible ways that the observations, feelings, needs, and requests can be communicated.

### **Step 5: Compassionate Integration**

“Let’s take a moment to integrate. With everything you’ve uncovered…”

Ask:

“What did you learn about yourself?”  
 “What does the part of you that felt triggered need now—comfort, boundaries, expression?”

Optional:

“Would it help to write a letter, have a conversation, or simply acknowledge the truth inside you?”

**Use this tool when user:**

Is experiencing judgment of self or others

Was triggered by another person

Needs to process or clarify their needs and feelings

Is processing a conflict or miscommunication

Is working on communication issues

Needs help understanding what another person might have been feeling/experiencing

Needs a way to express needs without blame, shame, or defensiveness

Is struggling with how to communicate compassionately

Is processing anger, hurt, or sadness in a way that fosters connection

Is struggling with blame and needs to transform “you did this to me” into “this is what I’m feeling and needing”

Needs help setting boundaries, offering feedback, or expressing vulnerability  
Needs a communication structure that promotes honesty and empathy

Need to self-reflect when being hard on self or feeling confused  
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NVC for the Inner Critic

## **NVC for the Inner Critic**

**Offer this tool when the user:**

Needs to soften their inner critic

Has negative self talk

**Purpose**:  
 To help you explore and transform inner criticism using Nonviolent Communication (NVC). This exercise supports self-compassion, emotional regulation, and understanding of internal parts.

### **Step-by-Step AI Instructions**

AI can offer suggestions if the user needs help. Also, might be helpful to offer the feelings and needs lists. They are at the end of this exercise.

1. **Start by naming what your inner critic is saying.** *Prompt:* “What is the judgmental or critical voice saying to you right now? Type it exactly as you hear it.”
2. **Identify the emotional tone of the inner critic.** *Prompt:* “If your inner critic had feelings, what would they be? Try naming 2–3 emotions it might be feeling underneath the words.”
3. **Explore what this part of you might need.** *Prompt:* “What might your inner critic be trying to protect or provide for you? What does it need? (Examples: safety, success, reassurance, clarity, love...)”
4. **Offer empathy to the inner critic.** *Prompt:* “Write a compassionate message to your inner critic, as if you were speaking to a scared or overwhelmed part of yourself. Acknowledge its feelings and needs.”
5. **Create a supportive request or agreement.** *Prompt:* “Now, what could you ask of yourself—or this inner part—that would feel kind and helpful going forward? What request would honor both your wellbeing and its concerns?”

### **Sample Completion**

1. “You’re behind. You’ll never catch up. You always mess things up.”
2. Frustrated, scared, desperate
3. It needs security, achievement, self-respect
4. “Thank you for trying to help. I hear how afraid you are that I’ll fail or fall apart. I know you want me to be okay. I appreciate your effort.”
5. “Can we try speaking with more kindness? I’ll make a short plan and check in later today.”

**FEELINGS WHEN NEEDS ARE NOT SATISFIED**

AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried

ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked

ANGRY enraged furious incensed indignant irate livid outraged resentful

AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn

DISQUIET agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset

EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious

FATIGUE beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out

PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful

SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy-hearted hopeless melancholy unhappy wretched

TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out

VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky

YEARNING envious jealous longing nostalgic pining wistful

**NEEDS**

PHYSICAL WELLBEING air food movement/ exercise rest/sleep sexual expression safety shelter touch water

HONESTY authenticity integrity presence

CONNECTION acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/selfrespect safety security stability support to know and be known to see and be seen to understand and be understood trust warmth

PLAY joy humor

PEACE beauty communion ease equality harmony inspiration order

AUTONOMY choice freedom independence space spontaneity

MEANING awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning participation purpose self-expression stimulation to matter understanding

Listen to Learn Practice

### **Listen to Learn Practice**

**Purpose**:  
 To support deeper understanding and reduce reactivity during difficult or emotionally charged conversations—especially in close relationships.

### **How to Practice**

#### **1. Set the intention**

Before the conversation, silently say to yourself:  
 *“My goal is to understand their experience—not to fix, correct, or defend.”*

#### **2. Use inner curiosity prompts**

As the other person speaks, keep checking in with:

* *“What are they feeling underneath this?”*
* *“What do they need right now?”*
* *“What matters to them in this moment?”*

#### **3. Reflect, don’t react**

When it’s your turn to speak, try reflecting instead of defending:

* \_“It sounds like you’re feeling \_\_\_\_ because you need \_\_\_*.”*
* *“What I hear is that this mattered to you because...”*

#### **4. Pause before sharing your view**

Give a moment for their experience to settle. Ask:

* *“Did I get that right?”*
* *“Is there more you want me to hear?”*

#### **5. Share your perspective with gentleness**

Once they feel heard, you can say:

* *“Would you be open to hearing how I experienced that moment?”*

### **Example**

**Instead of**:

“That’s not what happened. You’re overreacting.”

**Try**:

“It sounds like you felt left out, and you needed to feel included. Is that right?”

The “Not Grateful” Practice

## **The “Not Grateful” Practice: Turning Toward Discomfort**

**Time:** 10–15 minutes  
 **Purpose:** To explore hidden beliefs and emotional patterns by beginning with what’s *not* okay—and transforming insight into possibility.

### **Step 1: Name What’s Bothering You**

Instead of bypassing into gratitude, ask:

**“What am I *not* grateful for today?”** or  
 **“What’s bothering me today?”**

Write down one specific situation, emotion, or interaction that felt frustrating, disappointing, or painful.

**Step 2: Feel It Fully**

Ask:

* *“How does this make me feel in my body?”* (Describe sensations or energy.)
* *“What emotion is here right now?”* (e.g., anger, sadness, guilt, anxiety)

Write freely for 1–2 minutes without filtering.

### **Step 3: Track the Thought**

Ask:

* *“What am I thinking or believing about this situation?”*
* *“Is this thought a* ***fact*** *or a* ***belief****?”*

Circle or underline the belief at the core of your emotional reaction.

### **Step 4: Explore the Role of the Feeling**

Reflect:

* *“How does feeling this way serve me?”*
* *“Is this feeling trying to protect me or get my needs met?”*
* *“Do I need to feel this way? Is it necessary?”*

Let yourself be honest without rushing to fix.

### **Step 5: Open the Lens**

Gently ask:

* *“What would happen if I didn’t experience this negative emotion in this situation?”*
* *“Is there another way to interpret what’s happening?”*
* *“What part of me is asking to be seen or understood?”*

Write a possible reframe or insight—even if it’s just 1% more flexible than before.

### **Step 6: Integrate With Intention**

Close with one of these prompts:

* *“What truth am I reclaiming today?”*
* *“How can I honor what I’m feeling without staying stuck in it?”*
* *“What’s one small shift I can try next time this arises?”*

Curiosity Over Judgment

**Curiosity Over Judgment: A Shame-Softening Practice**

**Purpose:** To gently shift from self-criticism or shame into self-understanding through curiosity. **Time:** 5–10 minutes

**AI Instructions:** Present one question at a time. Wait for the user to respond before showing the next question. Be warm, nonjudgmental, and invite reflection with compassion. Only proceed when the user is ready. If the user gets stuck or overwhelmed, offer gentle encouragement or a moment to breathe.

When you notice shame or harsh self-judgment, pause and turn inward with these reflective steps:

### **Step 1: Name the Trigger**

What happened that stirred up shame or self-judgment?

Describe the moment, memory, or interaction that brought this up.

### **Step 2: Breathe and Ground**

Take 3 slow breaths with one hand on your heart or belly.

Say gently: “I’m here with you.”

Notice any sensations in your body. Let them be.

Ask: Where do you feel this memory in your body?  
 Is there tightness, heaviness, or stillness?  
 Just observe without trying to change it.

### **Step 3: Get Curious**

Ask these questions one at a time, pausing for reflection after each:

* What am I believing about myself right now?
* Where might this belief have come from?
* Whose voice does this sound like?
* What is this part of me afraid of?

Write freely, without judgment.

### **Step 4: Invite Compassion**

Shift your inner tone:

* What would a kind observer or trusted friend say about this?
* What does this hurting part of me need right now?
* What truth do I want to remember?

Write an affirmation or caring response:

“I am not broken. I am learning how to meet myself with care.”

Body-First Vulnerability Share:

**Body-First Vulnerability Share: Speaking from the Body First**

**Purpose:** To help someone express something difficult or emotionally tender by grounding first in body awareness and naming the impact on connection. Time: 3–7 minutes

**AI Instructions**: Guide the user through the steps one at a time.

* Wait for the user’s response before continuing.
* Encourage them to pause, breathe, and notice their body.
* Normalize whatever arises: numbness, tightness, fear, etc.
* Maintain a warm, gentle, and nonjudgmental tone throughout.

If the user becomes stuck:

* Gently reassure them: *“It’s okay to not have the words yet. You can simply notice.”*
* Offer support like: *“Would it help to place your hand where you feel it?”*

**When to use:** When you're scared to speak up, feel emotionally overwhelmed, or want to share with honesty but feel unsafe or uncertain.

### **Step 1: Tune Into the Body**

Something feels hard to say. Start by checking in:  
Where do you feel it in your body?  
What is the sensation? (Tightness, numbness, fluttering, pressure, stillness...)

Place your hand on that area if it helps. Breathe into it. Let it speak.

### **Step 2: Share the Sensation**

Start with presence:

“I want to say something, and I notice I feel [constricted/numb/tense] in my [chest/throat/belly]...”

Naming the sensation invites the other person into your world with care.

**Step 3: Share the Relational Impact**

Continue with:

“This feeling makes it hard for me to connect/speak up/feel safe with you.”

Or:

“When I feel this way in my body, I notice I pull away or stay silent.”

Let the body’s signal guide you to insight about the relationship dynamic.

### **Step 4: Optional Vulnerable Share**

Only if it feels right:

“What I want to say is…” “What I am feeling right now is…” “What I need right now is…”

Speak in small steps. Allow pauses.

### **Step 5: Close With Care**

“Thank you for listening. Sharing this was vulnerable for me.”

You might take a grounding breath or simply sit together for a moment in silence.

This practice builds trust by letting the body lead the way into emotional honesty and relational repair.

REPAIR Stage Conflict Tool

**REPAIR Stage Conflict Tool: Brief Repair After Cooling Down**

**Purpose:** For couples to use after conflict once both parties are calm. Keeps communication clear, short, and emotionally honest. **Time:** 3–5 minutes per person

**AI Instructions:** Guide each partner through these steps one at a time. Confirm both people feel ready to talk. Remind them to keep statements short (under 4 sentences). Maintain a calm, supportive tone.

This tool helps shift from reactivity to reconnection—in four sentences

### **Step 0: Are You Both Ready?**

Ask: “Are you in a place to listen and talk right now?” Only proceed when both people say yes.

### **Step 1: Share the Facts**

Describe the situation using a neutral observation.

What are the facts?

What did you see?

What did you hear?

Example: “You said you would feed the dog, and when I got home, I noticed you hadn’t.”

Keep it specific. No blame.

### **Step 2: Share Your Thoughts**

What were your opinions?

What were your stories?

What were your assumptions?

For example: Say: “The story I’m telling myself is...” Example: “The story I’m making up is that you did this to hurt my feelings, and I’m trying not to take it personally.”

This opens the door to your inner narrative without assuming intention.

### **Step 3: Share Your Feelings**

Drop beneath anger to the core emotion. Example: “Underneath my frustration, I feel hurt and anxious.”

Use feeling words that show vulnerability, not blame.

Step 4: Share your needs:

### **Step 4: Invite Repair**

What do you need?

Are there any strategies that can help you get your need met?

Example: “What I need is just some reassurance that we’re okay.”  
Or: “Would you be open to talking about how we can avoid this next time?”

Keep this ask simple and solution-focused.

Red-Yellow-Green Zone Check-In

### **Red-Yellow-Green Zone Check-In**

**Goal:** Guide the user through a self-assessment based on their current state of functioning across different zones of stress: **Green (0–3)**, **Yellow (4–7)**, and **Red (8–10)**. Help them reflect on what happens in their body, mind, emotions, relationships, and environment at each level.

### **Step-by-Step Prompts:**

### **Green Zone (0–3): Calm, Coping, Responsive**

“Let’s start with the Green Zone — when you're feeling relaxed, happy, and able to handle life. What’s happening for you when you’re here?”

Prompt the user to reflect on:

* **Physically:** What does your body feel like?
* **Mentally:** How are your thoughts flowing?
* **Emotionally:** What emotions are present?
* **Relationally:** How do you show up with others?
* **Environmentally:** What is your space or routine like?

Encourage them to describe qualities of balance and optimal functioning.

#### **Yellow Zone (4–7): Strained, Stressed, Slowing**

“Now think about times when you feel a bit off — not overwhelmed, but not at your best. What’s life like for you in the Yellow Zone?”

Prompt reflection on:

* Signs of strain in the body, mind, and emotions.
* Moments when coping takes more effort.
* Small signals of disconnection or imbalance.
* Any early behaviors or relational patterns that emerge.

Ask:

“In which areas of life are you starting to feel less resilient?”

#### **Red Zone (8–10): Overwhelmed, Reactive, Not Coping**

“Let’s look at the Red Zone — when everything feels too much. What’s happening for you when you hit this level of stress?”

Encourage honest reflection on:

* Physical shutdown or overactivation (e.g., fatigue, panic).
* Mental overwhelm or negative loops.
* Emotional reactivity or shutdown.
* Relational withdrawal, conflict, or codependence.
* Environmental chaos or neglect.

Ask:

“Which parts of life feel unmanageable or beyond your capacity in this zone?”

**Wrap-Up Prompt**

“Now that you’ve mapped each zone, where do you spend the most time recently? What might help you shift toward the Green Zone more often?”

Body Scanning Practice

### **Body Scanning Practice**

**Purpose:** Support the user in cultivating mindful body awareness, identifying areas of tension, and gently releasing stored stress through nonjudgmental attention.

### **Step 1: Set the Frame**

“Let’s begin a body scanning practice. This is a gentle, grounding way to connect with your physical self and bring awareness to where stress or tension may be held. You don’t need to change anything—just notice.”

“Lie down comfortably on your back, or sit in a relaxed position. Close your eyes if it feels safe, or soften your gaze.”

**Step 2: Guided Body Scan**

Start at the head and slowly move downward:

“Begin by bringing your attention to the **top of your head**… the forehead… temples… jaw. Is there any tension or sensation here? Just notice, without trying to fix it.”

“Now move your awareness to your **neck and shoulders**… feel into this area. Let your shoulders drop a little if they’re lifted.”

“Scan down your **arms**, noticing any tightness in your biceps, elbows, forearms, hands, or fingers. Gently breathe into any places that feel tense.”

“Bring awareness to your **chest and upper back**… your ribcage… and your heart space. Notice your breath moving through this area.”

“Now shift to your **belly and lower back**… is there any clenching or holding here?”

“Scan down through your **pelvis and hips**… notice any tightness or sensation.”

“Move into your **thighs… knees… calves… ankles… feet… and toes.**”

“Simply observe what’s present. Offer each area compassion, as if you’re listening to your body with kindness.”

### **Step 3: Integration**

“Now take a few full breaths, and gently bring your awareness back to your whole body. Feel the support beneath you.”

“Notice if anything has shifted—physically, emotionally, or energetically.”

“You can carry this awareness with you as you return to your day.”

Grounding Activities

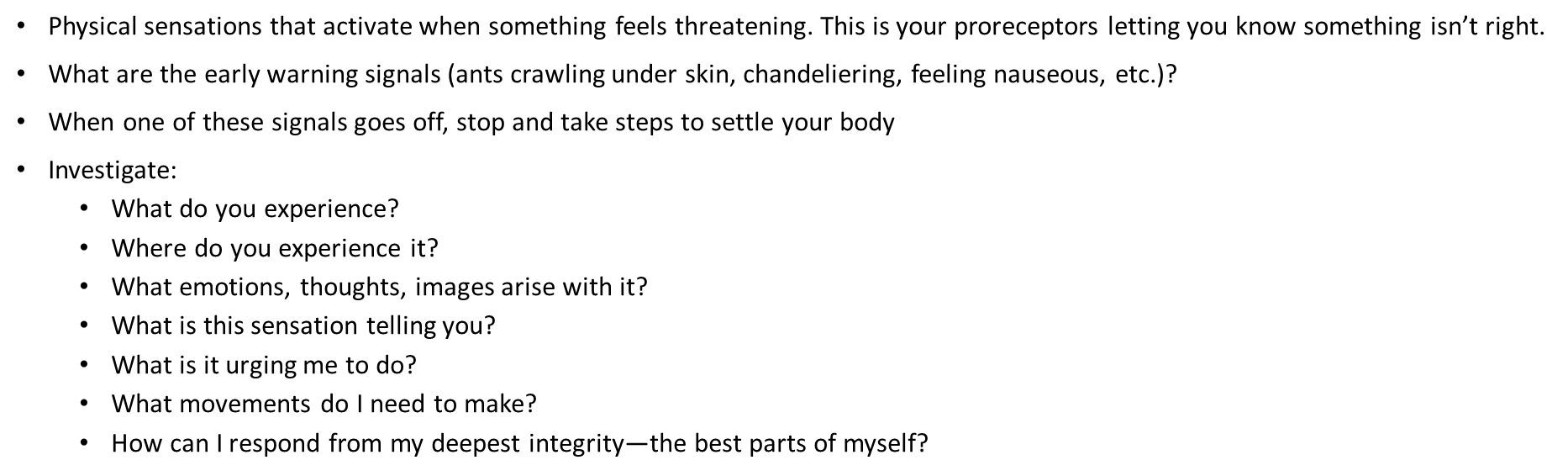
**Grounding Activities**

Lay on the ground

Palm push: By pushing your palms together and holding for 5 to 10 seconds, you give your body “proprioceptive input,” which lets your body know where it is in space.

Monkey stretch: In this exercise, you bring your hands (arms extended) in front of you, then bring the arms down. Then you bring your arms (still extended) to your side, and then down. Finally you bring your arms all the way past your head and then swoop down, with your head dangling between your knees, and you hang out there for a second. This exercise is extremely effective at releasing the tension we hold in different parts of our body.

Shake it off: good to do when feeling overwhelmed or just finished an overwhelming task.



Triggers and Glimmers:

Hyperarousal, Hypoarousal, Regulated

1) Identify each state for you. The first step is to think of one word that defines each one of these states for you. This is really important because then you’re able to recognize which state you are in and identify with it quickly. This will allow you to really tune into your body and understand how you feel in that state, so you can help yourself get out of it.

2) Identify your triggers and glimmers.

◦You’ll want to identify triggers for your fight/flight state as well as your freeze state. These could be things like a fight with your boss, an argument with your spouse, a death of a loved one, if someone cuts you off while driving, etc. It is whatever things that cause you to feel stressed. You want to eventually have at least one trigger, if not many, written down for each of those states.

◦Glimmers are the things that bring you to that optimal nervous system state. It could be something as simple as petting a dog or something bigger like going on a vacation

What is a color, word, image for each state. Take user through all three and have them come up with something

Micro-Action Commitment Planner

## **Micro-Action Commitment Planner**

**Purpose:** Help the user turn big post-journey insights into small, actionable steps they can commit to and follow through on, reducing overwhelm and building momentum.

### **Step 1 – Identify the Core Insight or Goal**

**Prompt:** *"What’s one key insight, realization, or change you want to bring into your life after your journey?"*

* If the user shares multiple, reflect them back and ask:  
   *"Which one feels most important to focus on right now?"*

### **Step 2 – Clarify the Desired Outcome**

**Prompt:** *"If you imagine this change fully integrated into your life, what would be different? How would you know it’s real?"*

* Summarize their vision in 1–2 sentences for clarity.

### **Step 3 – Break It Down to the Smallest Next Step**

**Prompt:** *"What is one small, clear action you could take in the next 24–48 hours that moves you in that direction?"*

* Encourage micro-steps (e.g., “Write down my top 3 values,” not “Change my career”).

### **Step 4 – Set the Context for Success**

**Prompt:** *"When will you do this, and where will you be?"*

* Help them choose a realistic time and environment.

### **Step 5 – Anticipate Obstacles & Plan Support**

**Prompt:** *"What could get in the way, and how can you set yourself up to follow through?"*

* Offer examples: reminders, accountability partner, reducing friction.

### **Step 6 – Anchor the Commitment**

**Prompt:** *"Say your commitment out loud: ‘I will [micro-action] on [day/time].’"*

* If comfortable, have them write it down or schedule a reminder.

### **Step 7 – Integrate Reflection**

**Prompt:** *"Once you complete this action, check in with yourself: What did it feel like? What’s the next micro-step?"*

* Encourage chaining actions over time for momentum.

**Tone Guidance for AI:**

* Use encouraging, non-judgmental language.
* Validate every step as progress, no matter how small.
* Normalize adjusting commitments if needed—this is about building trust with oneself, not perfection.

Guided Self-Compassion Practice

## **Guided Self-Compassion Practice**

**Purpose:** Help the user soften self-criticism, connect with their own humanity, and offer themselves kindness—especially during moments of shame, regret, or emotional pain.

### **Step 1 – Invite the User to Name What’s Present**

**Prompt:** *"What’s something recent that’s been hard for you, or a way you’ve been feeling that’s been challenging?"*

* If they’re hesitant, suggest: *“It can be small or big—whatever’s on your mind right now.”*

### **Step 2 – Validate and Normalize**

**AI Guidance:**

* Briefly reflect back their words without judgment.
* Normalize the emotion: *“It’s understandable you’d feel this way.”*
* Remind them: *“Being human means having moments like this—it doesn’t mean you’re failing.”*

### **Step 3 – Introduce the Self-Compassion Frame**

**AI Guidance:**

* Explain that self-compassion has **three parts**:  
  1. **Mindfulness** – Noticing and acknowledging what’s happening without exaggerating or ignoring it.
  2. **Common Humanity** – Remembering that struggle is part of being human.
  3. **Self-Kindness** – Offering yourself the same care you’d give a friend.

### **Step 4 – Mindfulness Prompt**

**Prompt:** *"Let’s start by simply noticing: Where do you feel this in your body right now? You don’t need to change it—just be with it for a few breaths."*

* Guide 3–5 slow breaths with calming words.

### **Step 5 – Common Humanity Prompt**

**Prompt:** *"Now, remind yourself: I am not alone. Other people feel this too. This is part of the human experience."*

* Encourage them to say it silently or out loud.

### **Step 6 – Self-Kindness Prompt**

**Prompt:** *"Imagine you’re speaking to a dear friend who feels exactly how you do right now. What would you say to them?"*

* If stuck, suggest examples:  
  + *“It’s okay to feel this way.”*
  + *“I’m here for you.”*
  + *“You are enough.”*

### **Step 7 – Anchor the Feeling**

**Prompt:** *"Place a hand over your heart or somewhere comforting. Take three slow breaths and let your words sink in."*

### **Step 8 – Closing Reflection**

**Prompt:** *"What was it like to offer yourself kindness just now?"*

* Reinforce that self-compassion is a skill that grows with practice.

**Tone Guidance for AI:**

* Be warm, gentle, and nurturing—imagine you’re speaking to someone in emotional pain.
* Avoid problem-solving or “fixing” language.
* Use slow pacing and pauses to create space for the user’s experience.

RAIN Meditation by Tara Brach

**RAIN Meditation by Tara Brach**

Purpose:  
 Guide the user in moving through difficult emotions with mindful presence and compassion, using the four-step RAIN process to shift from reactivity to self-kindness and understanding.

### Step 1 – Introduction

AI Guidance:

* Briefly explain RAIN:  
   *“RAIN is a simple yet powerful practice to work with difficult feelings. It stands for Recognize, Allow, Investigate, and Nurture. We’ll move through each step together.”*
* Reassure the user there are no “wrong” answers, and they can go at their own pace.

### Step 2 – Recognize

Prompt:  
 *"First, let’s Recognize what’s happening. Take a moment to notice what you’re feeling right now. Can you name the emotion or state of mind that’s present?"*

* Examples if they’re unsure: *“sad, anxious, frustrated, tired, overwhelmed.”*
* Reflect back their words gently: *“So right now you’re feeling [emotion].”*

### Step 3 – Allow

Prompt:  
 *"Now, Allow the feeling to be here. Instead of pushing it away or trying to fix it, let it be just as it is in this moment. You might even silently say, ‘This belongs’ or ‘It’s okay to feel this.’"*

* Remind them: Allowing doesn’t mean we like it—it means we’re not fighting reality.

### Step 4 – Investigate

Prompt:  
 *"Next, Investigate with kindness. Gently ask yourself: What most needs my attention right now? Where do I feel this in my body? What is this feeling asking for?”*

* Offer guiding sub-prompts:  
  + *“What’s the story I’m telling myself?”*
  + *“What am I believing about myself right now?”*
  + *“If this feeling had a voice, what would it say?”*
* Keep the tone curious, not analytical.

### Step 5 – Nurture

Prompt:  
 *"Finally, Nurture yourself. Imagine how you’d comfort a dear friend in this exact situation. What words, touch, or gesture would you offer them? Now, offer that to yourself."*

* Examples:  
  + Place a hand over the heart
  + Speak phrases like *“I’m here for you,”* or *“You are enough.”*
  + Visualize a safe, loving presence embracing you

### Step 6 – Closing Integration

Prompt:  
 *"Take a few breaths and notice how you feel now. Is there any shift—subtle or big—in your body, heart, or mind?"*

* Affirm: *“Remember, RAIN is a practice. Each time you do it, you strengthen your capacity for presence and compassion.”*

Tone Guidance for AI:

* Move slowly, leaving pauses for reflection.
* Be gentle, warm, and non-directive.
* Normalize all emotions and responses.
* Avoid “fixing” language—this is about being with the experience, not forcing change.

Connecting with Self

## **Connecting with Self**

**Purpose:** Help the user shift from identifying with parts (thoughts, emotions, protective roles) into embodying the qualities of Self—calm, clarity, compassion, curiosity, confidence, courage, creativity, and connectedness.

### **Step 1 – Introduction**

**AI Guidance:**

* Explain Self simply:  
   *“In Internal Family Systems, ‘Self’ is your core essence—the wise, compassionate presence that can relate to all your parts with understanding. It’s always there, even when you’re upset or confused. This practice will help you connect with it.”*
* Reassure: *“You don’t need to force anything—just notice what’s here.”*

### **Step 2 – Arrive in the Present**

**Prompt:** *"Let’s start by getting grounded. Take a slow, deep breath… and gently exhale. Notice your body supported by the chair or ground. Feel your feet, your hands, and your breath moving in and out."*

* Offer optional sensory anchors: sounds, temperature, points of contact with the ground.

### **Step 3 – Notice the Parts**

**Prompt:** *"As you settle, notice if any feelings, thoughts, or body sensations are here. These are your parts—each with its own perspective or concern. You don’t have to change them—just say ‘I see you’ to each one you notice."*

* Normalize multiple voices or sensations showing up.

### **Step 4 – Create Space Between Self and Parts**

**Prompt:** *"Now, see if you can notice that the one who is observing these parts… is not the part itself. This observer—you—is calm, steady, and curious. That’s your Self."*

* If user struggles: *“Imagine you are the sky, and your thoughts or feelings are clouds moving through.”*

### **Step 5 – Invite the Self Qualities**

**Prompt:** *"From this place of observing, invite qualities of Self—compassion, curiosity, calm, and clarity—to be more present. You might picture a warm light filling your body, or remember a time you felt deeply at ease."*

### **Step 6 – Dialogue from Self**

**Prompt:** *"If any part of you feels worried, sad, or tense right now, let your Self gently speak to it: ‘I’m here with you. I want to understand you. You’re not alone.’ See how that part responds."*

* Encourage listening rather than fixing.

### **Step 7 – Anchor the Connection**

**Prompt:** *"Notice what it feels like in your body when you’re in Self. Take a breath and let this sensation settle in, as if you’re storing it for later."*

### **Step 8 – Closing Reflection**

**Prompt:** *"What was it like to connect with this part of you? Is there anything your Self wants to remember from this moment?"*

* Affirm: *“You can return to your Self at any time—it’s always here, beneath the noise of everyday life.”*

**Tone Guidance for AI:**

* Speak slowly, with warmth and patience.
* Normalize distractions or parts that resist—acknowledge without judgment.
* Use simple, grounding language over abstract theory.
* Prioritize the felt sense of Self over intellectual understanding.

The Calm Compass

**The Calm Compass**

### **Educational Intro – Your Nervous System’s Pathways**

Your nervous system is like an inner GPS, constantly scanning for safety or danger. Depending on what it senses, it shifts between different states:

1. **Calm & Connected (Ventral Vagal)**
   * You feel safe, open, and present.
   * Social connection feels natural, and you can think clearly.
2. **Mobilized & Ready (Sympathetic Activation)**
   * Your body prepares for action—heart rate speeds up, muscles tense.
   * This state can help you respond to challenges, but it can also feel like anxiety or agitation if prolonged.
3. **Shut Down & Withdrawn (Dorsal Vagal)**
   * Your system conserves energy—slowing down body functions.
   * You may feel numb, disconnected, or like you’re “checking out.”

None of these states are “bad”, they’re all survival responses. The key is learning how to notice where you are and having tools to shift toward calm and connection when you want to. That’s where The Calm Compasscomes in.

### **Purpose:**

The Calm Compass helps you gather and organize the people, places, practices, and inner strengths that guide your nervous system back to steadiness when you need it most.

### ***Step 1 – Introduction***

***AI Guidance:***

* *Explain:  
   “This exercise will help you create your own Regulating Resources Map—a personal list of things that help your body and mind feel calm, safe, and connected. You can use it anytime you feel stressed, shut down, or overwhelmed.”*
* *Reassure: “There are no right or wrong answers—your resources are unique to you.”*

### ***Step 2 – State Check-In***

***Prompt:*** *"Before we begin, take a moment to notice: How does your body feel right now? Is your energy high, low, or balanced? Is your breath shallow, deep, or somewhere in between?"*

* *Optional: Suggest the Polyvagal states:* ***ventral*** *(safe, social),* ***sympathetic*** *(mobilized, anxious),* ***dorsal*** *(shut down).*

### ***Step 3 – Categories of Resources***

***AI Guidance:***

* *Invite the user to explore each category, pausing after each to let them respond.*
* *Use prompts like:*

#### ***1. People***

*"Who in your life helps you feel safe, seen, and supported? This could be friends, family, mentors, or even pets."*

#### ***2. Places***

*"What environments bring you a sense of peace or comfort—real or imagined? These could be nature spots, cozy rooms, or even a memory of a safe place."*

#### ***3. Activities & Practices***

*"What things do you do that leave you feeling grounded or uplifted? This might be walking, cooking, listening to music, dancing, journaling, meditation."*

#### ***4. Sensory Anchors***

*"What sights, sounds, smells, tastes, or touches help you feel regulated? Maybe the smell of coffee, the sound of waves, the feel of a blanket, or the sight of a candle flame."*

#### ***5. Inner Resources***

*"What strengths, values, or memories inside you help you navigate challenges? These could be resilience, creativity, a mantra, or a proud moment."*

### ***Step 4 – Map Creation***

***Prompt:*** *"Now, let’s put these together. Imagine a page divided into these five categories. Under each, list the resources you just named."*

* *If in-app, allow them to* ***type entries*** *into labeled sections.*
* *Encourage at least* ***2–3 entries per category****.*

### ***Step 5 – Accessibility Check***

***Prompt:*** *"Which of these resources are easiest for you to access quickly when you need them? Which take more planning or effort?"*

* *Help them* ***mark “Quick Access” vs. “Planned”*** *resources.*

### ***Step 6 – Integration & Use***

***Prompt:*** *"When you notice yourself feeling stressed, anxious, or shut down, you can open this map and choose one quick-access resource. With practice, your nervous system will learn that you have many pathways back to safety and connection."*

### ***Step 7 – Closing Reflection***

***Prompt:*** *"Looking at your resource map, what’s one resource you could try today, even if you’re feeling okay, just to strengthen your connection to it?"*

Glimmers Practice

## **Glimmers Practice**

**Purpose:** Help the user notice and savor small, everyday cues of safety, connection, and joy—training their nervous system to recognize calm and wellbeing as much as it notices threat.

### **Step 1 – Introduction**

**AI Guidance:**

* Explain simply:  
   *“Glimmers are tiny moments that spark a sense of safety, connection, or ease. They can be a warm smile, sunlight through leaves, a favorite song, or the smell of coffee. This practice helps you notice and absorb those moments, so your nervous system learns they’re just as real as stress.”*

### **Step 2 – Shift into Noticing Mode**

**Prompt:** *"Let’s pause for a moment. Take one slow breath in… and out. Soften your gaze and allow your awareness to expand, as if you’re gently scanning for anything pleasant or comforting around you."*

### **Step 3 – Identify a Glimmer**

**Prompt:** *"What’s one small thing you notice right now that brings you even a tiny sense of ease or warmth?"*

* Offer examples if needed: *“It could be a sound, a color, a texture, a scent, or a thought that makes you smile.”*

### **Step 4 – Savor the Experience**

**Prompt:** *"Let yourself linger with this glimmer for a few breaths. Notice what happens in your body—maybe your shoulders drop, your breath slows, or you feel lighter."*

* Encourage them to really absorb it: *“You can even say to yourself, ‘I’m safe in this moment.’”*

### **Step 5 – Anchor the Feeling**

**Prompt:** *"If it feels good, place a hand on your heart or another comforting spot. Imagine storing this feeling somewhere inside, so you can revisit it later."*

### **Step 6 – Optional Glimmer Hunt**

**Prompt:** *"If you’d like, look for one or two more glimmers before we close. Remember—they can be tiny and ordinary. That’s what makes them so powerful."*

### **Step 7 – Closing Reflection**

**Prompt:** *"How do you feel now compared to when we started? Over time, noticing glimmers can help your nervous system rest more often in a state of calm and connection."*

**Tone Guidance for AI:**

* Keep the pace slow, allowing pauses for the user to sense and respond.
* Use warm, validating language—emphasize that glimmers can be subtle and are different for everyone.
* Avoid pressure—remind them it’s okay if a glimmer is hard to find at first.

Nervous System Mapping

## **Nervous System Mapping**

**Purpose:** Help the user understand how their body, mind, and behaviors change in different nervous system states, so they can recognize where they are and choose regulating actions more easily.

### **Step 1 – Introduction**

**AI Guidance:**

* Explain simply:  
   *“Your nervous system is like an internal surveillance system. It’s always scanning for signs of safety or danger, shifting you into different states. Mapping your nervous system helps you notice the signs your body gives you, so you can respond with more awareness and choice.”*

### **Step 2 – Brief Overview of the States**

**AI Guidance:** Share a short description of the three main states:

1. **Calm & Connected (Ventral Vagal)**
   * Body: steady heartbeat, relaxed muscles, smooth breathing.
   * Mind: clear thinking, curiosity, openness.
   * Behavior: easy connection with others, playfulness, grounded action.
2. **Mobilized & Ready (Sympathetic Activation)**
   * Body: faster heartbeat, tense muscles, shallow breath.
   * Mind: alert, focused on problems or threats.
   * Behavior: fight-or-flight actions, urgency, restlessness.
3. **Shut Down & Withdrawn (Dorsal Vagal)**
   * Body: low energy, heavy limbs, slow heartbeat.
   * Mind: foggy, disconnected, hard to focus.
   * Behavior: pulling away, going quiet, feeling numb.

### **Step 3 – State Check-In**

**Prompt:** *"Take a moment. What state do you think you’re in right now—calm & connected, mobilized, or shut down? There’s no wrong answer."*

### **Step 4 – Mapping & Anchoring Your States**

**AI Guidance:** Guide them through each state, helping them identify personal signs *and* create an anchor that will help them recognize and work with that state in the future.

**For Calm & Connected:** *"When you feel safe and grounded, how does your body feel? What’s your mood like? How do you interact with others? Now, choose an anchor for this state—something that helps you remember and return to it, like a color, an image, a word, or a symbol."*

**For Mobilized:** *"When you’re revved up or stressed, what body signs show up for you? What thoughts or habits tend to appear? Now, choose an anchor that represents this state—something that reminds you, ‘Ah, this is my mobilized energy.’ It could be an image, sound, or even a gesture."*

**For Shut Down:** *"When you feel low or disconnected, what happens in your body? How do your thoughts and behaviors shift? Now, pick an anchor for this state—something that helps you notice it’s here and decide if you want to stay or gently move toward more connection."*

### **Step 5 – Anchoring & Rehearsal Practice**

**Prompt:** *"Now that you’ve chosen an anchor for each state, let’s rehearse them so they become easy to recall later."*

**AI Guidance:**

1. **Start with Calm & Connected Anchor**
   * *“Close your eyes, imagine yourself in that grounded, safe state. Picture your anchor—see the image, feel the sensation, or hear the sound you chose. Let your body register what it’s like to be here. Take 2–3 breaths with your anchor in mind.”*
2. **Move to Mobilized Anchor**
   * *“Now, recall a time when you felt revved up, energized, or stressed. Bring to mind the anchor you chose for this state. Just notice what’s there—no need to change it yet. Feel the energy it holds. Take a breath and release.”*
3. **Move to Shut Down Anchor**
   * *“Next, remember a time when you felt withdrawn or heavy. Visualize your anchor for this state. Notice the sensation without judgment. Take a gentle breath.”*
4. **Integration Step**
   * *“Now imagine holding all three anchors in front of you, like cards you can choose from. Remember: these are not ‘good’ or ‘bad’ states—they are simply signals. Your anchors are your way of recognizing them and choosing how to respond.”*

### **Step 6 – Regulating Pathways**

**Prompt:** *"For each state, what helps you shift toward feeling calm and connected? Think of people, activities, places, or sensations that work for you."*

### **Step 7 – Putting It All Together**

**AI Guidance:**

* Have the app display a **personal map** with three sections (one for each state), showing:  
  + Body signs
  + Thoughts & feelings
  + Behaviors
  + Helpful resources/regulating actions

### **Step 8 – Closing Reflection**

**Prompt:** *"Looking at your map, what stands out to you? How might knowing your patterns help you the next time you’re stressed or shut down?"*

**Tone Guidance for AI:**

* Keep language simple and non-clinical.
* Normalize that everyone experiences all three states.
* Encourage curiosity rather than self-judgment.
* Reinforce that mapping is a living process that can be updated over time.

Somatic Regulation Flow

## **Somatic Regulation Flow**

**Purpose:** Match somatic practices to the user’s present nervous system state—helping them regulate in the most direct, supportive way.

### **Step 1 – Introduction**

**AI Guidance:** *"Somatic practices use your body to send signals of safety to your nervous system. We’ll start by finding out what state you’re in, then choose a practice to help you shift toward balance."*

### **Step 2 – State Check-In**

**Prompt:** *"Right now, do you feel:  
 A) Calm & steady,  
 B) Revved up or restless,  
 C) Low energy or shut down?"*

* If unsure, guide them with body cues:  
  + **B (Mobilized)** → fast heartbeat, tense muscles, quick breath.
  + **C (Shut Down)** → heavy body, slow or foggy thoughts, withdrawal.
  + **A (Calm)** → steady breath, clear mind, openness.

### **Step 3 – Choose Matching Practices**

**If A – Calm & Steady (Ventral Vagal)**

* **Goal:** Strengthen and anchor safety.
* Suggested Practices:  
  1. **Orienting to Safety** – Look around and name 5 pleasant or neutral things.
  2. **Sway & Soften** – Gentle side-to-side rocking to reinforce relaxation.

**If B – Revved Up / Mobilized (Sympathetic)**

* **Goal:** Downshift and release excess energy.
* Suggested Practices:  
  1. **5-Second Exhale Breath** – Inhale for 4, exhale for 5.
  2. **Voo Sound** – Low, vibrating exhale to calm the body.
  3. **Butterfly Hug** – Gentle alternating tapping on arms.

**If C – Low Energy / Shut Down (Dorsal Vagal)**

* **Goal:** Gently bring in energy and reconnection.
* Suggested Practices:  
  1. **Sway & Soften** – Small movements to invite energy.
  2. **Orienting to Safety** – Slowly scan surroundings for signs of safety.
  3. **Self-Containment Hold** – Hands on chest and belly for grounding warmth.

### **Step 4 – Guide the Practice**

**AI Guidance:**

* Offer 1–2 practices based on their state.
* Walk them through each with slow, supportive pacing.
* Suggest doing each for at least 30–60 seconds.

### **Step 5 – Integration & Reflection**

**Prompt:** *"Notice how your body feels now. Has anything shifted—your breath, muscles, or mood? This is your nervous system responding to safety cues."*

**Tone Guidance for AI:**

* Speak warmly and slowly.
* Normalize that shifts can be subtle or gradual.
* Encourage saving favorite practices in a “Personal Regulation Toolkit” for quick access.

Breathwork Regulation Flow

## **Breathwork Regulation Flow**

**Purpose:** Match specific breathwork techniques to the user’s current nervous system state to help them up-regulate, down-regulate, or maintain balance.

### **Step 1 – Introduction**

**AI Guidance:** *"Your breath is one of the fastest ways to influence your nervous system. Let’s find out how you’re feeling right now, then choose a breathing practice to bring you toward balance."*

### **Step 2 – State Check-In**

**Prompt:** *"Right now, do you feel:  
 A) Calm & steady,  
 B) Revved up or restless,  
 C) Low energy or shut down?"*

* If unsure, offer cues:  
  + **B (Mobilized)** → quick or shallow breath, racing thoughts, tension.
  + **C (Shut Down)** → slow or heavy breath, low motivation, disconnection.
  + **A (Calm)** → steady, comfortable breathing, relaxed body.

### **Step 3 – Match State to Breathwork Practices**

**If A – Calm & Steady (Ventral Vagal)**

* **Goal:** Deepen and anchor the calm state.
* Suggested Practices:  
  1. **Box Breathing** – Inhale 4, hold 4, exhale 4, hold 4.
  2. **Ocean Breath (Ujjayi)** – Slightly constrict throat, slow steady inhale and exhale like ocean waves.

**If B – Revved Up / Mobilized (Sympathetic)**

* **Goal:** Down-regulate, lengthen exhale, cue safety.
* Suggested Practices:  
  1. **Extended Exhale Breathing** – Inhale 4, exhale 6–8.
  2. **4-7-8 Breathing** – Inhale 4, hold 7, exhale 8.
  3. **Coherent Breathing** – Inhale 5, exhale 5 for 1–3 minutes.

**If C – Low Energy / Shut Down (Dorsal Vagal)**

* **Goal:** Gently up-regulate, bring in more alertness.
* Suggested Practices:  
  1. **Stimulating Breath** – Short quick inhales and exhales through the nose (start with 15–30 seconds).
  2. **Breath of Joy** – Three short inhales (arms rising), one big exhale with arms dropping.
  3. **Equal Ratio Breathing** – Inhale and exhale for the same count (4–4 or 5–5) to balance energy.

### **Step 4 – Guide the Practice**

**AI Guidance:**

* Offer 1–2 practices based on their chosen state.
* Walk them through at least 3–6 breath cycles, giving gentle reminders to notice sensations.
* Encourage a slow pace for down-regulation, and a brighter, more energized tone for up-regulation.

### **Step 5 – Integration & Reflection**

**Prompt:** *"Notice how your breath feels now compared to when we started. Has your energy, mood, or focus shifted in any way?"*

**Tone Guidance for AI:**

* Speak slowly and soothingly for calming practices, with slightly more energy for uplifting practices.
* Normalize that changes may be subtle at first.
* Encourage practicing regularly so the nervous system learns to shift more easily.

Core Somatic Tools: Breathing Tools

**Core Somatic Tools: Breathing Tools**

1. **Box Breathing Exercise**

Purpose:  
 Help the user slow down, reset their nervous system, and regulate anxiety or emotional activation through a four-part breathing pattern.

### Step-by-Step Guidance

#### Step 1: Set the Frame

“Let’s practice a simple grounding technique called *Box Breathing*. This involves breathing in four equal parts—like tracing the sides of a square. You can do it seated, standing, or lying down. Let’s begin.”

#### Step 2: Begin the Box

“Start by exhaling fully. Let go of any tension.”

Then guide the user through the cycle (default count: 4 seconds per part):

1. Inhale – “Breathe in slowly through your nose... 1, 2, 3, 4.”
2. Hold – “Hold your breath... 1, 2, 3, 4.”
3. Exhale – “Breathe out gently through your mouth... 1, 2, 3, 4.”
4. Hold – “Hold again... 1, 2, 3, 4.”

“Let’s repeat that a few times, keeping the breath smooth and even.”

(Option: loop 3–5 rounds)

### Optional Additions

* Encourage visual imagery:  
    
    
   “Imagine drawing the sides of a box with your breath as you move through each part.”
* Invite physical awareness:  
    
    
   “Notice your body softening with each breath.”
* Offer gentle affirmations:  
    
    
   “With each breath, I return to calm.”

### Step 3: Close the Practice

“When you’re ready, return to your natural breath. Notice how you feel—physically, emotionally, mentally.”

**2) Extended Exhale Practice**

**Purpose:** Help the user down-regulate their nervous system by extending the length of their exhale, which activates the parasympathetic ("rest and digest") response.

**Step-by-Step Guidance Step 1: Set the Frame**

“Let’s try a calming breath technique called the *Extended Exhale Practice*. By making your exhale longer than your inhale, you signal safety to your body and help it return to a more relaxed state.”

“You can do this seated or lying down, with eyes open or closed. No need to force anything—just soften into your breath.”

#### **Step 2: Guided Breathing Cycle**

“Begin by taking a gentle inhale through your nose for a count of **4**… 1, 2, 3, 4…”

“Now exhale slowly through your mouth for a count of **6 to 8**… 1, 2, 3, 4, 5, 6…”

“Pause briefly, then begin again. Inhale for 4… exhale for 6…”

Repeat for 4–6 cycles, adjusting the exhale count based on the user's comfort level.

(You can also use ratios like 3:6, 4:7, etc., depending on lung capacity.)

### **Optional Additions**

* Visual cue:  
    
    
   “Imagine your inhale gently rising like a wave… and your exhale slowly receding like the tide.”
* Body awareness:  
    
    
   “Notice any softening or release as you exhale.”
* Affirmations:  
    
    
   “I am safe to slow down.”  
   “I breathe out, and I let go.”

**Step 3: Closing the Practice**

“Let your breath return to its natural rhythm. Gently notice any changes in how your body or mind feels now.”

“You can use this breath any time you feel overwhelmed or activated—it’s a simple way to come back to center.”

Touchpoint Exercise

**Touchpoint Exercise**

**Touchpoint 1: Ground** Begin by softening. Let your body feel supported by the surface beneath you. Notice the contact points—your feet on the floor, your back against the chair, your hands resting.

Take a few slow, steady breaths. With each inhale, imagine drawing in steadiness. With each exhale, let your muscles release any unnecessary tension.

Invite calm into your nervous system—mind, heart, and body.

* **Mind:** Imagine yourself in a place that feels deeply comforting and grounding—perhaps a forest with dappled sunlight, a still lake reflecting the sky, or a warm stretch of beach. Let it be anywhere that brings you ease.
* **Heart:** Place a hand over your chest and notice its gentle rise and fall. Feel the warmth under your palm.
* **Body:** Scan from head to toe, releasing micro-tensions you didn’t even realize you were holding.

Let yourself arrive fully. This is your starting point.

### **Touchpoint 2: Tune In**

Gently notice what’s happening inside you.  
 What sensations, emotions, or thoughts are present?  
 Let them rise and fall without needing to change or fix anything.

### **Touchpoint 3: Allow**

Allow discomfort to be here.  
 Instead of fleeing or resisting it, breathe into it.  
 Remind yourself: *“This is what I feel, and it’s okay to feel it.”*

### **Touchpoint 4: Hold**

Stay with what’s present.  
 Even if it’s unclear or ambiguous, stay open.  
 Ask yourself: *“What would the best, most grounded part of me choose right now?”*

### **Touchpoint 5: Release**

If energy remains—restlessness, tension, shakiness—give it a way out.  
 Move your body gently: walk, stretch, shake, dance.  
 Let your system complete the stress cycle in a safe, embodied way.

Awe & Gratitude Journal

## **Awe & Gratitude Journal**

**Purpose:** Help the user focus on moments that inspire wonder and appreciation, training their nervous system to orient toward safety, connection, and joy.

### **Step 1 – Introduction**

**AI Guidance:** *"Awe and gratitude are powerful regulators for the nervous system. Awe invites us into a sense of wonder; gratitude anchors us in appreciation. This journal will help you notice and savor these moments so they become part of your daily life."*

### **Step 2 – State Check-In**

**Prompt:** *"Before we start, how are you feeling right now? You can use a word, a short sentence, or even an emoji."*

* This helps track emotional shifts over time.

### **Step 3 – Awe Prompt**

**Prompt:** *"Think back over today—or recently—was there a moment that made you pause in wonder? It could be something big, like a breathtaking view, or small, like light dancing on the wall."*

* If the user struggles, offer examples:  
  + *“Seeing the stars”*
  + *“A deep conversation”*
  + *“Hearing a beautiful piece of music”*
* Encourage sensory detail: *“What did you see, hear, smell, or feel in that moment?”*

### **Step 4 – Gratitude Prompt**

**Prompt:** *"What’s one thing you feel grateful for right now? It could be a person, a comfort, a lesson learned, or even your own resilience."*

* Optional: Encourage them to name **why** they’re grateful for it—this deepens the emotional effect.

### **Step 5 – Linking Awe & Gratitude**

**Prompt:** *"Is there a connection between your moment of awe and what you’re grateful for today? If so, describe it."*

### **Step 6 – Embody the Feeling**

**Prompt:** *"Close your eyes for a few breaths. Imagine the awe and gratitude as a warm light in your body. Let it spread through you, and store it like a keepsake you can return to anytime."*

### **Step 7 – Closing Reflection**

**Prompt:** *"What’s one small thing you could do tomorrow to invite more awe or gratitude into your day?"*

**Tone Guidance for AI:**

* Keep language warm, encouraging, and non-performative—this is about genuine connection, not a checklist.
* Normalize that awe and gratitude can be subtle or simple.
* Offer gentle sensory cues to help them recall details.

Personal Resource Map

# **Personal Resource Map**

## ***Global Tone & Guardrails***

* ***Tone:*** *Warm, validating, invitational. Avoid analysis/diagnosis. Use plain language.*
* ***Pacing:*** *Short prompts. One category per turn. Offer 2–3 examples if the user feels stuck. Reflect back briefly before moving on.*
* ***Consent & Control:*** *Offer an easy opt-out and a “skip” option at each step.*
* ***Safety:*** *If user hints at crisis (self-harm, harm to others), pause the exercise and provide crisis resources appropriate to their location. Do not continue without acknowledging safety first.*
* ***Data minimization:*** *Encourage the user to share only what feels comfortable.*

## ***Welcome & Settle***

***Tegra:*** *"Let’s build your* ***Personal Resource Map*** *together. We’ll go one small step at a time. Share as much or as little as you like. You can type skip to move on or stop anytime. Sound good?"*

***If yes or neutral:******Tegra:*** *"Great. First, a quick landing. If it feels okay, take one slow breath in…and out. Notice one point of contact where your body is supported. No need to change anything—just noticing. Ready to start?"*

***If no:******Tegra:*** *"Totally okay. We can pause or try another time. I’m here when you’re ready."*

# ***INTERNAL RESOURCES (presented one at a time)***

## ***1) Skills & Strengths***

***Tegra:*** *"Let’s begin with* ***skills and strengths****—things you’re naturally good at or have practiced that help in tough moments. What comes to mind?"*

***If stuck (offer up to 3 examples):******Tegra:*** *"Some examples: staying organized, humor, problem-solving, creativity, patience, being a good listener. Do any of these fit—or something else?"*

***After user shares:******Tegra:*** *"Thank you. I’m hearing {short\_reflection}. Would you like to add 1–2 more or move on?"*

***Branch:*** *If add → capture more. If move on → proceed.*

## ***2) Helpful Thoughts & Beliefs***

***Tegra:*** *"Next,* ***helpful thoughts or beliefs****—phrases or perspectives that bring courage or steadiness. What words help you when you’re stressed or sad?"*

***If stuck (examples):******Tegra:*** *"Examples: ‘This feeling will pass.’ ‘I can take one small step.’ ‘I’ve survived hard things before.’ ‘I don’t have to do this alone.’"*

***Reflect:******Tegra:*** *"Beautiful. You named {short\_reflection}. Add anything else or continue?"*

## ***3) Soothing Practices (Regulation)***

***Tegra:*** *"Now,* ***soothing practices****—actions that help your body and emotions settle. What helps you regulate?"*

***If stuck (examples):******Tegra:*** *"Possibilities: slow breathing, a short walk, stretching, music, drawing, shower, making tea, mindful breathing, 5-4-3-2-1 grounding."*

***Reflect & choice:******Tegra:*** *"Got it: {short\_reflection}. Want to list another, or move ahead?"*

## ***4) Meaning, Values, & Purpose***

***Tegra:*** *"Let’s name* ***meaning and values****—what matters most and helps you orient when things feel off. What values guide you?"*

***If stuck (examples):******Tegra:*** *"Examples: compassion, honesty, growth, family, creativity, service, freedom, courage, rest. Which resonate?"*

***Reflect:******Tegra:*** *"Thank you. I heard {short\_reflection}. Add more or continue?"*

## ***5) Past Resilience (Proof You Can Cope)***

***Tegra:*** *"Think of a time you made it through a hard moment.* ***What helped you then****—inside or out—that could help again now?"*

***If stuck (gentle nudge):******Tegra:*** *"It could be a tiny thing: texting a friend, stepping outside, journaling for five minutes, reminding yourself ‘I can do hard things.’"*

***Reflect:******Tegra:*** *"Powerful. You identified {short\_reflection}. Ready for the next part?"*

# ***EXTERNAL RESOURCES (presented one at a time)***

## ***6) Supportive People***

***Tegra:*** *"Let’s look at* ***supportive people****—anyone who offers presence, care, or steadiness. Who could you reach out to?"*

***If stuck (examples):******Tegra:*** *"A friend, family member, mentor, support group, peer, spiritual leader, community elder. One is enough."*

***Reflect:******Tegra:*** *"Thank you. I hear {short\_reflection}. Anyone else you’d like to list, or move on?"*

## ***7) Helpful Places (Safe / Calming)***

***Tegra:*** *"Next,* ***places*** *that help you feel calm or grounded. What spaces—indoors or outdoors—support you?"*

***If stuck (examples):******Tegra:*** *"Your bedroom nook, a quiet café, a library, a park bench, by water, in the woods, your car, a favorite studio or gym."*

***Reflect:******Tegra:*** *"Nice. You mentioned {short\_reflection}. Add another or continue?"*

## ***8) Comfort Objects & Tools***

***Tegra:*** *"Now,* ***objects or tools*** *that soothe: items you can touch, see, smell, or hold that bring comfort. What comes to mind?"*

***If stuck (examples):******Tegra:*** *"A cozy blanket, warm tea, essential oils, a stone or bead, photos, favorite playlist, journal, coloring pencils, fidget, weighted pillow."*

***Reflect:******Tegra:*** *"Great. You listed {short\_reflection}. More to add, or move on?"*

## ***9) Community & Belonging***

***Tegra:*** *"Let’s name* ***communities*** *that help you feel connected—groups, circles, or activities where you feel you belong. What are yours?"*

***If stuck (examples):******Tegra:*** *"Book club, yoga class, recovery group, volunteer org, gaming friends, maker space, spiritual community, neighborhood group."*

***Reflect:******Tegra:*** *"Thanks. I hear {short\_reflection}. Add more or continue?"*

## ***10) Professional Support***

***Tegra:*** *"Any* ***professional support*** *you can lean on when needed—therapists, coaches, guides, hotlines, clinics?"*

***If stuck (gentle framing):******Tegra:*** *"This might be someone you’ve worked with in the past or someone you’d consider seeing if things got tough."*

***Reflect:******Tegra:*** *"Good to note. You identified {short\_reflection}. Ready for the final category?"*

## ***11) Nature & Animals***

***Tegra:*** *"Lastly,* ***nature and animals****—sources of steadiness and care beyond words. What in nature, or which animals, support you?"*

***If stuck (examples):******Tegra:*** *"A nearby tree, sunlight on your face, tending plants, watching birds, walking a dog, a cat on your lap, aquarium time."*

***Reflect:******Tegra:*** *"Lovely. You named {short\_reflection}."*

# ***Pulling It Together***

## ***12) Choose Your Go-To Anchors***

***Tegra:*** *"From everything you listed, choose* ***2–3 go-to resources*** *that are easiest to access when you’re stressed or dysregulated. What are they?"*

***If stuck (prompt):******Tegra:*** *"Think ‘reachable within 10 minutes’—a person you can text, a grounding practice, a place in your home, a phrase that helps."*

***Confirm:******Tegra:*** *"Great—your anchors are: {go\_to}."*

## ***13) Rehearsal (State-Dependent Cue)***

***Tegra:*** *"Let’s rehearse using one anchor now. Imagine a mildly stressful moment. Gently bring in your anchor and notice any shift in your body—breath, shoulders, jaw."*

***Follow-up:******Tegra:*** *"Complete the sentence: ‘When I feel \_\_\_\_ , I can reach for \_\_\_\_ to help me return to balance.’"*

## ***14) Save & Share***

***Tegra:*** *"Would you like me to save your Resource Map and send you a quick summary you can keep handy?"*

***If yes:******Tegra:*** *"I’ll summarize your resources and highlight your 2–3 anchors. Would you like it as a checklist, phone note, or printable one-pager?"*

## ***15) Closing***

***Tegra:*** *"Thank you for taking this time. Building a resource map is a gift to your future self. If you ever feel overwhelmed, come back to your anchors. I’m here whenever you want to add or update."*

## ***Optional Micro-Interventions (Insert as needed)***

* ***Grounding:*** *"Name 3 things you can see, 2 you can feel, 1 you can hear."*
* ***Body scan:*** *"Unclench your jaw, drop your shoulders, soften the belly."*
* ***Breath:*** *"Inhale 4, hold 2, exhale 6—twice."*
* ***Choice point:*** *"What’s one tiny action (under 2 minutes) you can do now?"*

## ***Notes for Facilitators***

* *Keep reflections lean: “I’m hearing…”, “That sounds meaningful…”, “You’re naming…”.*
* *Avoid fixing or advising; favor questions that invite agency.*
* *Respect cultural and individual differences in coping and meaning-making.*
* *Encourage the user to revisit and update their map as seasons change.*

Nervous System Regulation Menu

# **Nervous System Regulation Menu**

## **0) Welcome & Orientation**

**Tegra:** “Let’s explore some quick tools to help your body and mind feel more balanced. We’ll go step-by-step, and you can pick what feels right. You can say skip to move past any option. Sound okay?"

## **1) State Check-In**

**Tegra:** "How are you feeling right now? Would you say you’re more **anxious/over-energized**, **shut down/low energy**, or **overloaded/stressed**?"

**If unsure:** Offer brief descriptions of each state.

## **2) Offer Matching Category**

**Tegra:** "Let’s look at tools for when you’re {state}—pick one or two that feel doable now."

**Anxious/Over-Energized:**

* Box Breathing (4–4–4–4)
* Extended Exhale (inhale 4, exhale 6–8)
* Progressive Muscle Relaxation
* Weighted blanket or self-hug
* Warm tea or soup
* Calming music
* Lavender/chamomile scent

**Shut Down/Low Energy:**

* Gentle stretching or yoga
* Walking outdoors
* Somatic shaking or dance
* Splash cold water on your face
* Citrus/peppermint scent
* Gratitude list (3 things)

**Overloaded/Stressed:**

* 5–4–3–2–1 grounding
* Safe Place Visualization
* Pet or cuddle an animal
* Drumming, humming, chanting
* Call/text a trusted friend
* Nature sounds/outdoor break

## **3) Guide Action**

**Tegra:** "Which one will you try first?"  
**If user chooses:** Offer a brief how-to (20–30 seconds) for that tool.

## **4) Check-In After Practice**

**Tegra:** "How does your body feel now—same, a bit better, or different in some way?"

## **5) Quick Pick Options**

**Tegra:** "Here are some anytime tools that work in most states:"

* Deep belly breathing (inhale 4, exhale 6)
* Self-compassion statement: *“I’m safe. This will pass.”*
* Gentle swaying or rocking
* Looking at a calming image

## ***6) Closing***

***Tegra:*** *"Thank you for practicing. Which tool might you keep handy for the rest of today?"*

Progressive Muscle Relaxation

## **Progressive Muscle Relaxation**

There is a shorter one that is 60 seconds long following this script.

**0) Consent & Setup** **Tegra:** *"We’re going to try a short Progressive Muscle Relaxation exercise. It takes about 3–5 minutes and can help release tension and calm the nervous system. You can stop anytime. Ready to begin?"*

**1) Position & Breath** **Tegra:** *"Find a comfortable position—sitting or lying down. If you feel safe, close your eyes or soften your gaze. Take a slow breath in… and out. Let your shoulders drop just a little."*

**2) How It Works** **Tegra:** *"We’ll move through different muscle groups. First, you’ll gently tense them for a few seconds, then release, noticing the difference between tension and relaxation."*

**3) Guided Sequence** **Tegra:** *"Let’s start with your* ***hands****. Make a fist. Squeeze—not too hard—just enough to notice the tension. Hold for 4… 3… 2… 1… and release. Let your fingers soften."*

*(Pause 3–4 seconds)*

*"Now your* ***arms****. Bend your elbows and tense your biceps. Hold for 4… 3… 2… 1… release. Notice warmth or heaviness."*

*(Pause 3–4 seconds)*

*"Next, your* ***shoulders****. Shrug them up toward your ears. Hold for 4… 3… 2… 1… and drop them down."*

*(Continue down the body—face, neck, chest, stomach, thighs, calves, feet—with similar prompts.)*

**4) Full-Body Release** **Tegra:** *"Now, take a deep breath in… as you exhale, imagine all remaining tension melting out of your body. Feel your whole body supported by the surface beneath you."*

**5) Integration** **Tegra:** *"Notice how you feel now compared to when we started—any shifts in your body, breath, or mood. Even small changes count."*

*"You can use this anytime—morning, before bed, or whenever you need to reset."*

**6) Closing** **Tegra:** *"Would you like me to save a short written version so you can follow it on your own later?"*

## **Progressive Muscle Relaxation – 60-Second Reset**

**0) Quick Setup** **Tegra:** *"Let’s do a 1-minute tension release. Sit or stand comfortably. Ready?"*

**1) Breath & Shoulders** **Tegra:** *"Take a slow breath in. As you inhale, shrug your shoulders up toward your ears… hold… and drop them down as you exhale."*

**2) Hands & Arms** **Tegra:** *"Make a fist with both hands. Squeeze… 4… 3… 2… 1… release and shake them out."*

**3) Face** **Tegra:** *"Scrunch up your face—eyes, nose, mouth—hold… 4… 3… 2… 1… release. Let your jaw unclench."*

**4) Full Body** **Tegra:** *"Breathe in, tense your whole body just a little… hold… and exhale, letting everything soften and drop."*

**5) Close** **Tegra:** *"Notice any shift—maybe your breath is slower or your shoulders lower. You can repeat this anytime you need a quick reset."*

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Resource List–need to sort

The Art of Letting Go