

CLIENT:

DATE:

# NURTURING & PROTECTIVE FIGURES

## FOR RESOURCING

**Directions:** Identify individuals that you experience to be nurturing and protective. These can be individuals who you've known, such as family members, or individuals you've never met (Ellen DeGeneres, Jesus, etc.). These individuals will serve as a mental resource to help you feel nurtured and protected when processing distressing memories and information.

Nurturing Figure: \_\_\_\_\_



Protective Figure: \_\_\_\_\_

