

CLIENT:

DATE:

PEOPLE AND PLACES

AS EXTERNAL RESOURCES

Directions: In this exercise, you will identify real people and (easily accessible) places that you can reach out to/visit during times of stress. These people and places should make you feel supported, secure, and/or comfortable, and can serve as external, environmental resources for you!



Person 1: Who is this person, and what makes them special to you?
How do you feel when you are in their presence?

Person 2: Who is this person, and what makes them special to you?
How do you feel when you are in their presence?



Place 1: What is this place, and where is it? How do you feel when you go there?

Place 2: What is this place, and where is it? How do you feel when you go there?