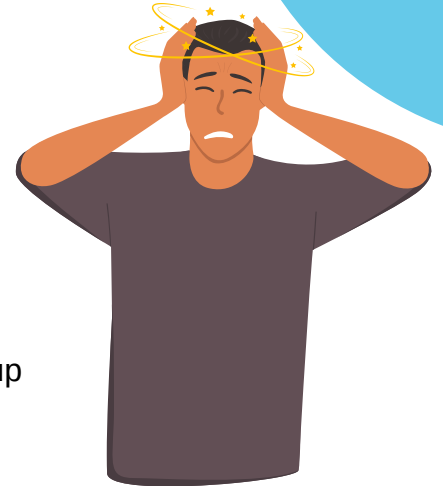


1. It is important to use the **Tracking Skill** to find out where I am in the resilient zone. I should practice focusing on each of my senses:

- Things I can see.
- Things I can hear.
- Things I can touch/feel.
- Things I can smell.
- Things I can taste.



2. When I am in the “high zone,” I feel...*(choose all that apply)*

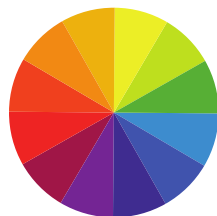
- | | | |
|------------------|--------------------------|-------------------------|
| Hot | Tightness in my chest | Energetic |
| Sweaty | Tight muscles | Dizzy |
| Fast heart beat | Like I need the bathroom | Like I want to throw up |
| Faster breathing | Dry mouth | Confused |
| Hard to breathe | Restless | Distracted |

3. When I am in the “high zone,” I can use one of my skills to be resilient. Some of the skills that might help me are the **Help Now!** skills and the **Grounding Skill**.

4. Some of the **Help Now!** skills that I prefer are: *(choose all that apply)*

- | | |
|-------------------------------|--------------------------------------|
| Stretching | Washing my hands with cold water |
| Going for a walk | Looking for 6 colors around the room |
| Doing push-ups against a wall | Counting backwards from 20 |
| Jumping up and down 10 times | Other: _____ |
| Drinking water | Other: _____ |

5. When I practice the **Grounding Skill**, I can focus on each of my senses just like I did when I was doing the **Tracking Skill**. When I use the **Grounding Skill**, I can stay focused on senses that feel comfortable or okay until I start to feel calm again.



6. When I am in the “low zone,” I feel...*(choose all that apply)*

- | | | |
|------------------------|------------------------------|----------------------------|
| Sad | Low Energy | Bored |
| Depressed | Hopeless | Like I want to hurt myself |
| Tired | Embarrassed | Hungrier than normal |
| Ashamed | Numb | Less hungry than normal |
| Distracted by problems | Like I want to be left alone | Don't want to do anything |

7. When I am in the “low zone,” I can use one of my skills to be resilient. Some of the skills that might help me are the **Resourcing** and the **Gesturing Skill**.

8. When I use the **Resourcing Skill**, I can try using some of these resources...

- People that help me feel calm/better: _____
- Places that help me feel calm/better: _____
- Things that help me feel calm/better: _____
- Memories that help me feel calm/better: _____

9. When I use the **Gesturing Skill**, I can try using the following gestures:

Clapping	Other: _____
Jumping up and down	Other: _____
Sitting with my eyes closed	Other: _____

10. If I need extra help getting back into my resilient zone, I practice the **Shift and Stay** skill. I can use my other skills to **shift** my thoughts onto an okay or comfortable thought. Then I can try to **stay** with the thought by focusing on some extra details.

